



MEDFORD HIGH SCHOOL
MEDFORD VOCATIONAL TECHNICAL HIGH SCHOOL



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NOTES FROM THE BLUE & WHITE EDITORS

AMANDA DIPAOLO

"Being a part of this year's edition of the Blue & White has been an amazing experience. Looking back on our four years at MHS and creating a book that showcases the highlights was extremely challenging, but I am so proud of the final product. I hope you all love the book as much as I do and look back fondly on our memories at MHS!"



NICOLE GREENE

"Being an editor in our class yearbook reminded me of all of the amazing things our class has been through for the last four years. Through fire drills in the middle of the winter and our annual dances, we've experienced so much together. We tried our best to make this yearbook look perfect! I'm so glad to have such a special role in this year's Blue & White."



MARISA MACGILVRAM

"I am super happy that I was able to become an editor for our class yearbook! We have put countless hours into making this yearbook the best that it can be. Medford High has so many amazing clubs, sports, events, and individuals that we wanted to feature in this year's Blue & White."



THE CLASS OF 2020 DEDICATES OUR YEARBOOK TO...

Good writers...

create
before

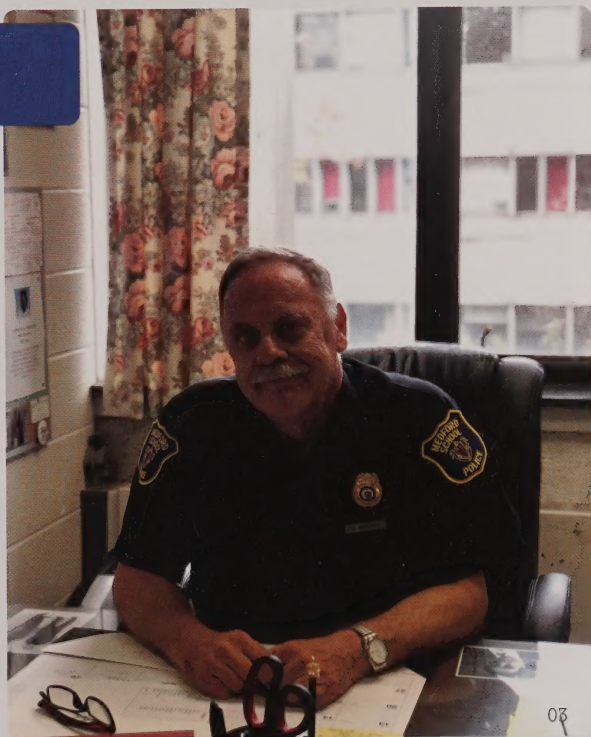
a
raft.

MR. AMBROSE

The Class of 2020 has decided to dedicate our yearbook to Mr. Ambrose for his dedication and hard work as a teacher at Medford High School. Not only is he an English teacher and advisor of the yearbook committee, but Mr. Ambrose is also a dedicated mentor and role model to his students. He encourages everyone to work hard and do well both in and out of school. Thank you for all that you do Mr. Ambrose; we appreciate you!

OFFICER MAZAKA

Security is the first thing that comes to mind when we see Officer Mazaka. His welcoming smile is as inviting as his amazing root beer candy. The class of 2020 would like to say thank you for securing the building and allowing us to learn in a healthy environment. You have formed personal relationships with many of us. You have kind words and inspirational advice that we will cherish for the rest of our lives. Thank you for everything you do!





Rudina Ademaj
Mathematics



Annmarie Adinolfi
Mathematics



David Ambrose
English



James Amerena
Special Education



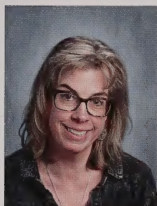
Carla Andre
Special Education



Mark Bartolanzo
Mathematics



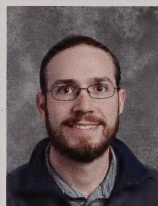
Rosemary Beagan
English



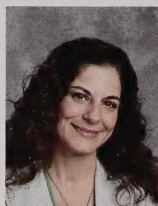
Lisa Beaulieu
EL



Beth Beckwith
Special Education



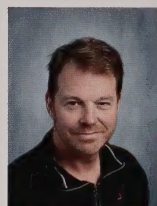
Louis Beckwith
Automotive Tech



Vilma Bibeau
World Language



David Blauch
Assistant Principal



Douglas Bowen-Flynn
English



Lisa Bowler
Admin. Assistant



Patricia Brandl
Science



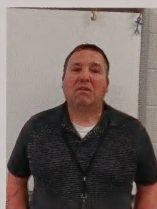
Leanne Briand
World Language



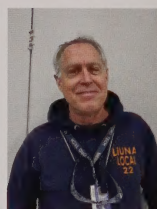
Nellie Broderick
Guidance



Matthew Brophy
Social Studies



Jonathan Brown
English



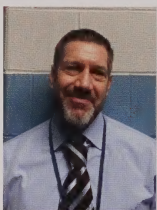
Larry Brown
Construction



Alana Bruno
Guidance



Michael Burgholzer
Mathematics



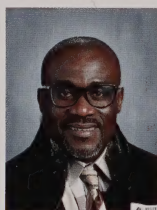
Stephan Burnham
Assistant Principal



Adam Burns
Electrical



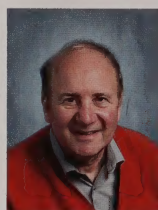
Susannah Buzard
History and English



Phalange Cadet
ISS



Monica Canetta
World Language



Leonard Caplan
Media Technology



Ivy Carnabucci
Science



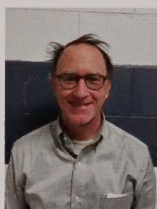
Holly Casaubon
English and History



Nicole Chalifoux
World Language



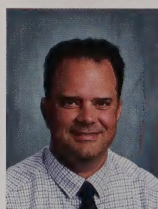
Nicole Chiesa
Director of Humanities



Sam Christy
Robotics & Engineering



Barbara Chyen
Mathematics



Rocco Cieri
Science Director



Danielle Cioffi
Special Education



Kim Clinton
Special Education



Kathryn Cook
Special Education



Kristen Coolen
Business Marketing



Rich Cormio
Electrical



Loretta Costello
English



Meghan Coyne
Mathematics



Kevin Cullen
Social Studies



Brittany Cunningham
Guidance



Paul D'Alleva
Headmaster



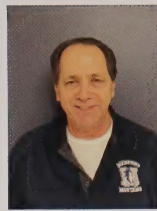
Elisabetta Daneu
Social Studies



Karen DeAngelis
Admin. Assistant



Christopher Dello Russo
Social Studies



Robert Dell'Ova
Automotive Tech



Maria DeRosa
Special Education



Saioa Diez
World Language



Joseph Donlon
Social Studies



Nancy Donlon
Social Studies



Maria D'Orsi
Librarian



Craig Drauschke
Social Studies



Jodie Driscoll
Science



Robert Drobneck
Culinary Arts



Lisa Dunphy
Media Literacy



Marice Edouard-Vincent
Superintendent



Eric Esner
English



Chad Fallon
MVTHS Principal/Director



Anthony Faradie
Mathematics



Sarah Fard
Music & Arts



Michele Farquharson
Early Childhood Ed



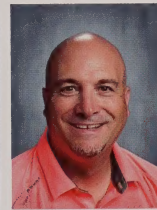
Audrey Feitor
Science



Alice Beth FitzPatrick
Assistant Director CTE



Robert Flanders
Carpentry



Matthew Galusi
Physical Education



Shannon Gardner
English



Sebastian Garza
Science



Jennifer Gates
Social Studies



Anthony Geehan
English



Cheryl Giordano
English



Victoria Glasser
Guidance



Elizabeth Gomez
World Language



Heather Greenidge
Special Education



Jessica Hamerly
Mathematics



Devon Hatch
Physical Education



Charlotte Heim
OT/Transition Spec.



Max Heinegg
English



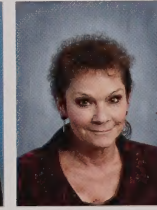
Wendy Horne
Guidance



Sabrina Huether
Special Education



Devon Hughes
Mathematics



Lisa Iannelli
Special Education



Riley Jones
Social Studies



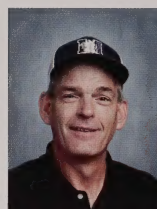
Nicholas Kain
Social Studies



Erin Karagozi
Mathematics



Daniel Kelly
Construction



Clint Kemp
Food Services



Jane King
Admin. Assistant



Alison Kirkpatrick
Early Childhood Ed



Maureen Lavin
Guidance



John Lazarro
Science



Megan LeClair
Mathematics



Nelida Lepore
World Language



Christina Leva
CTE Support Spec.



Barry Lewis
English



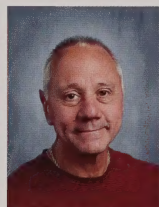
Noah Lewkowicz
Robotics & Engineering



Kacey Littman
Science



Alexandria Lucuk
Science



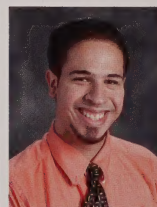
Mark Lumino
Carpentry



Suzanne Maceachern
Special Education



Colleen Mahany
English



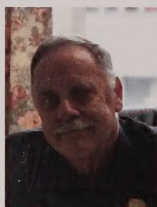
Nelson Maldonado
Mathematics



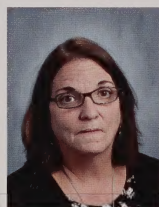
Lisa Malone
Admin. Assistant



Julianne Mauro
Cosmetology



Bill Mazaka
School Resource Officer



Martha McCarthy
Admin. Assistant



Rebekah McGinnis
English



John McGlynn
Health



Michael McLaughlin
Admin. Assistant



Melissa McIntyre
EL



Matthew McKenna
EL



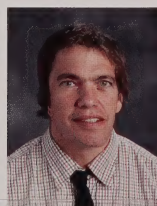
Dana McMahon
Social Studies



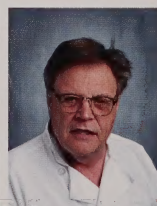
Joel Menasha
Guidance



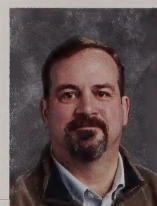
Lisa Miller
Programming & Web Des.



Andrew Milne
Social Studies



Dennis Moriarty
Culinary Arts



Shawn Morris
English



Stacey Mulligan
Assistant Principal



Krista Murphy
Mathematics



Jason Nascimento
Guidance



Regina Needham
Mathematics



Ivey Nelson
English



Gia Nguyen
Mathematics



Diana Nobrega
Art



Krista Normandin
Guidance



Marie Nyland
World Language



Kayla O'Donnell
Special Education



Eileen O'Hara
Science



Monica Pacheco-Tougas
Mathematics



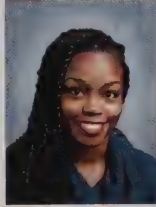
Stephanie Palmer
World Language



Sofia Papachristos
Health/PE



Jack Paster
Special Education



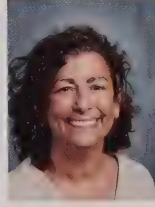
Laurie Paul
Psychologist



Eric Pedone
Special Education



Emily Pellini
EL



Karley Perrin
English



Jay Petrides
Social Studies



Josephine Poli
Admin. Assistant



Joseph Ricci
Food Services



Ellen Reardon
Health



Haley Rello
Music & Arts



David Richard
Physical Education



Jennifer Rigano
Mathematics



Tracey Riley
Psychologist



Dennis Robinson
Security



Harlan Root
Mathematics



Norman Rousseau
Biotechnology



Mariantonietta Salvati
World Language



Nicole Sanford
English



Amie Saulnier
EL



Sandra Savini
Health Assisting



Elisabeth Schreuer
Librarian



Stacey Schulman
Clinical & Behavioral Svcs.



Philip Scialdoni
Mathematics



Lauren Sciaratta
Cosmetology



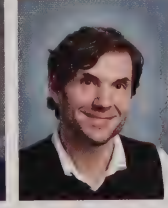
Emily Simpson
Mathematics



John Skerry
Social Studies



Michael Skorker
World Language



Carey Smith
Music & Arts



Melissa Solomon
Science



Michael Sorrentino
Metal Fabrication



John Spagnola
Graphic Design



Louis Spagnola
Graphic Design



Ben Staines
Guidance



Rebecca Steinberg
Guidance



Scott Stelter
English



Jonathan Streff
History



Anthony Szyknej
Music & Arts



Paul Teixeira
EL Director



Stephanie Teleen
Science



Joel Tenenbaum
Science



Sarah Terranova
English



Niklas Tower
History



Gail Treanor
Assistant Principal



Linda Trofimow
Health Assisting



Curtis Tuden
Registrar



Candace Van Aken
Music & Arts



Scott Volmer
History



Matthew Wadness
Science



Griffin Weigel
Science



Catherine Williams
Paraprofessional



Paul Williams
Science



Jonathan Wilson
Science



Matthew Wilson
Mathematics



Toni Wray
Health Services Director

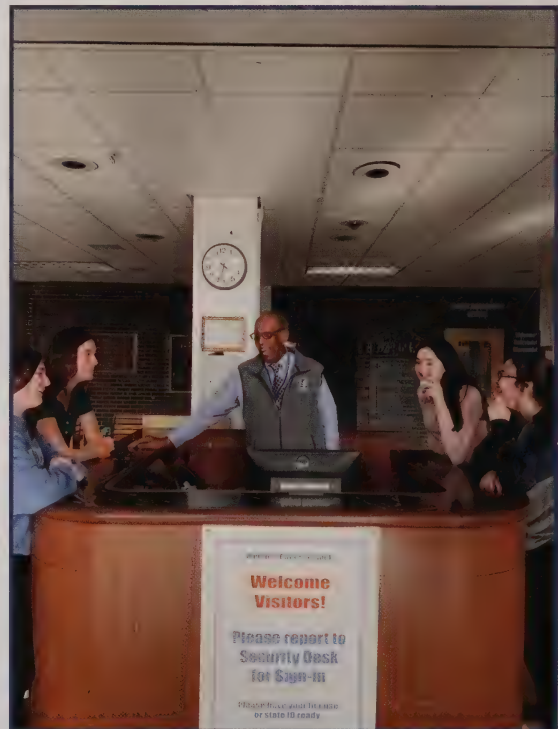


Genevieve Yung
EL

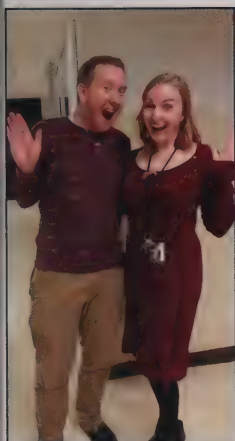


Richard Ziobro
School Resource Officer

The senior class of 2020 would like to thank all of the wonderful faculty and staff for their help and guidance throughout the past four years. Without your support and mentorship, we would not be the young adults that we are today! As we prepare for the next chapter in our lives, we will never forget the lessons we learned and the memories we made at Medford High School!

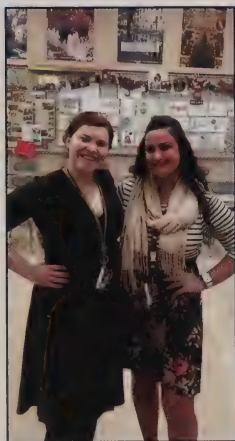


TEACHER SUPERLATIVES



Most School Spirit

Mr. Skorker &
Ms. Simpson



Best Dressed

Ms. Jones &
Ms. Chalifoux



Most Likely To Follow You On Instagram

Ms. Reardon &
Mr. Galusi



Most Likely To Go Off Topic

Ms. Rigano &
Mr. Cullen



Funniest

Mr. Skerry &
Mr. Drauschke



Best Beards

Mr. Tower &
Mr. Streff



Most Likely To Give A Pop Quiz

Ms. Solomon &
Mr. Wilson



Most Likely To Brighten Your Day

Ms. LeClair &
Mr. Ambrose



Most Likely To Be Famous

Mr. Bowen-Flynn &
Mr. Heinegg



Best Duo

Ms. Donlon &
Mr. Donlon

Senior Class Office

Class President: Marc Alenn Jean Mary



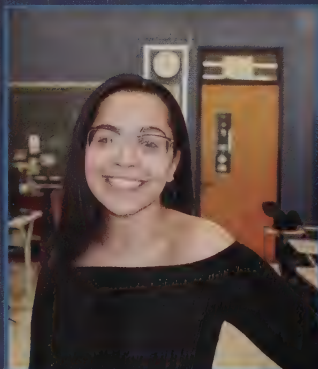
"I am honored to have been chosen by the Class of 2020 to leave our Marc."
- Marc Alenn Jean Mary

Class Vice President: Ketley Osias



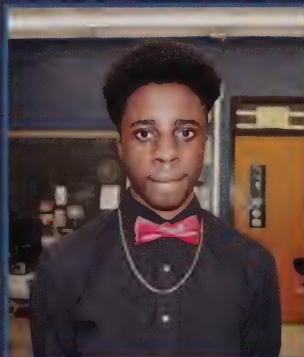
"Make them wish they did it like 2020."
- Ketley Osias

Class Secretary: Isabella DeSouza



"It makes me really happy to see how our class was able to leave behind a legacy of school spirit. Go 2020!"
- Isabella DeSouza

Class Treasurer: Elijah Fortune



"Class office passed the vibe check."
-Elijah Fortune

Class Coordinator: Emily Federici



"Take pride in how far you have come and how far you can go! The class of 2020 is one of a kind!"
- Emily Federici

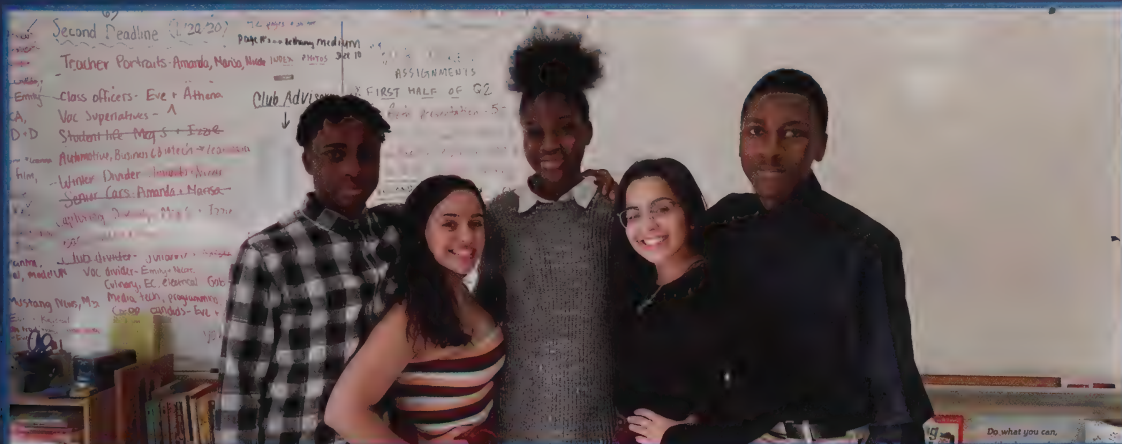
Class Advisors



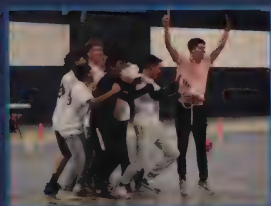
"It was a joy to work with such a determined group! Above all else and regardless of other commitments, these leaders worked every day to promote school spirit."
- Mr. Donlon & Mrs. Donlon

Mrs. Donlon & Mr. Donlon

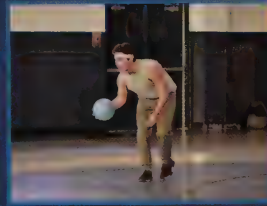
Our Class Officers



(From left to right): Elijah Fortune, Emily Federici, Ketley Osias, Isabella DeSouza, & Marc Alenn Jean Mary



Our class officers have spent numerous hours this past year putting together events and fundraisers to help benefit the Class of 2020. Their most successful event was the annual dodgeball game. Thank you all for everything you have done for your class this year!





Ebyan Abshir

Better late than never.



Marya Abulfaraj

No more homework, no more books! No more teacher's dirty looks!



Morgan Adamos

*"Do you have a plan?"
"I don't even have a plan!"
-Phoebe Buffay*

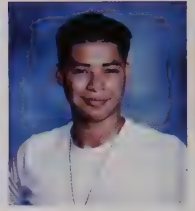


Kieran Adams

*"I send a the calzone into space!! I don't pay a the taxes!! Ohhh!!"
- Italian Elon Musk*



Ian Agudelo



**Jaime Albayeros
Mejia**



David Alberino



Safe Alfrihat



Dominic Aliano

"Ehhhh.... I guess I'll eat it."



Zeina Alkurdi

There's a reason why they call me Z the Bee, or Z the Queen Bee. Just look up my theme song on youtube! (Disclaimer: it's in Arabic).



Erin Allen

My attitude is bigger than me.



Deen Ally

*"The only time I set the bar low is for limbo."
- Michael Scott*



Courtney Almeida

*"All our dreams can come true... if we have the courage to pursue them."
- Walt Disney*



Tamika Altema

*Happy to graduate.
Never liked any of y'all anyways.*



Jehnnifer Alves



Ashawna Ambersley

When they say 'high school goes quick they're right.



Kervens Andre



Tenzing Andrugsang



Tsewang Antsa

*"I am a proud Asian woman, and you will treat me with respect."
- John Mulaney*



Anthony Assetta



Amanda Auditore

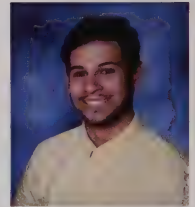
The one where they finally graduate.



Briana Ayala



Hina Azad



**João Victor
Azevedo**

I guess fashion icons are built by spending 17 years in the closet.



Sebastian Baidak

*"What do you mean
Peter Pan peanut butter
alert?"
- Danny*



Jared Barone



Higor Barros



**Angel Gabriel
Barrozo**



Gerald Bellanton

*The name is Luther, not
Gerald.*



Dorotea Belotte

Close the door Tia!



Owen Bennett

Nice.



Charlotte Benoit



Isabelle Bezerra

*"Though she be but little,
she is fierce."
- William Shakespeare*



Haley Blauvelt



Cameron Blunt



**Christina
Bonaventura**

*"Spend a little more time
trying to make something
of yourself and a little
less time trying to
impress people."
- The Breakfast Club*



Mouad Boudal



Jillian Brady

*And yet, I still don't
know who broke my TV.*



Catherine Brosnahan

*"Life goes in cycles,
everything that comes
around goes around."
- Frank Ocean*



Joelle Brown

*"Dream, though your
beginings may be humble,
may the end be
prosperous."
- BTS*



Ian Budney

*My body is an
amusement park, not a
temple.*



Gavin Buruca



Meghan Cafferky

Y'all don't roll like me.



Maria Carmona

*"Above all, be the heroine
of your life, not the
victim."
- Nora Efron*



**Amisadai
Carrasquillo**



Bridget Carson

*Started off as Bmoney,
leaving as Bshmeat.*



**Nico
Casamassima**

*This is better than
putting nothing.*



Ashaun Cenatus

Big zoe.



Jules Cesar



Emmanuel Cezard



Donovan Charles

Who's tryna link?



Eve-Landy Charles

I want to thank my arms for always being by my side, my legs for always supporting me, and my fingers, because I could always count on them.



Lang Cheng

Sleep now or fornever hold your peace.



Qing Cheng



Nicole Chin

@charliejax26 on Instagram.



Justin Chow



Jereme Citro

*"I'd rather be hated for who I am, then loved for who I am not."
-Kurt Cobain*



Jeremie Cius

Don't let someone tell you you're no one.



Chrystie Clervil

Blood ain't thicker than peace.



Michael Collins



Sean Connolly

The Office Season 7, Episode 19, Minute 14:45.



Rabeca Cooper

*"Hey look ma, I made it!"
- Panic! at the Disco*



Nicholas Corrado

*"What are you guys doing???"
- Nick Tucci*



Michael Corso

It's what makes a Subaru a Subaru.



Julia Craddock

May our words be filled with the songs our heart beats. Our minds gaining wisdom. And our lives filled with color.



Hannah Creamer

Why fall in love when you can fall asleep?



Gabriel Crowell

*"They say that the best blaze burns brightest, when circumstances are at their worst."
- Howl's Moving Castle*



Jalie Cuoco

"My life a movie the way they be actin'."



Abigail Czwakiel

*"A pleasure to have in class"
- 162 Schoolbrains*



Rachel Dakermanji

*"Make it a great day or not, the choice is yours."
- Joan Yaeger*



Michael D'Angelo

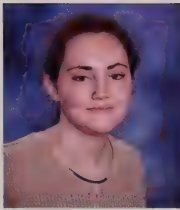


Eduardo De Oliveira



Victoria Deassis

Life is tough, but it's a lot tougher if you're stupid :)



Melanie DeMattia



Julia Desharnais

*"It's The Way Life Goes."
- Lil Uzi Vert*



Isabella DeSouza

*"Sometimes the right path is not the easiest one."
- Grandmother Willow*



Ivan DeSouza
Novais



Raul DeSouza

*"No matter which way you flip the sandwich, the bread always comes first."
- Spug*



Dylan Devino



Nyssa DiFava



Amanda DiPaola

*"Kiwi walked so Watermelon Sugar could run."
- Harry Styles*



Peter DiPlacido

Yesterday is history, tomorrow is a mystery, today is a gift, that is why it is called the present.



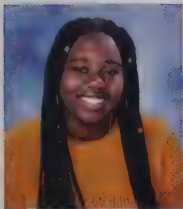
Kelly Doan

*"For all things I have the strength through the one who gives me power."
- Phil 4:13*



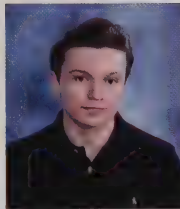
Darren Domegan

It's pronounced (Dom-ehG-aen).



Butaina Dominique

Go on instagram and look up #butainachronicles, thank me later.



Michael Donehey



Julianne D'Orazio

When all else fails, take a nap.



Dori Dorne



Taynara Dos Santos



Jacob DuPont

The North Medford Bus kid.



Manik Dutt



Amber Early



Amina Eldeeb

*"And I knew exactly what to do. But in a much more real sense, I had no idea what to do."
- Michael Scott*



Samuel Enayo



Tyler Encalada



Kevin English
Cap'm.



Bridget Evers



Julia Evers
I write code, not tragedies.



Dashley Exateur
Lmk Mobile.



John Falco
My grades were like a roller coaster - a roller coaster that only went down.



Albert Farah
Never criticize someone until you have walked a mile in their shoes. So, when you criticize them, you'll be a mile away, and you'll have their shoes.



Emily Federici
Hannah Montana said nobody's perfect... yet here I am.



Luis Gustavo Ferreira Russo



Frances Flood
If it's too hot in here, I can leave.



Karla Flores Limas
Story of my life: I knew better but I did it anyway.



Jacqueline Foley
*"The goal isn't to live forever but to create something that will."
-Selena Quintanilla-Perez*



Elijah Fortune
Casted 3 times, my arm was the best one to audition.



Haryell Fraga-Alvarado



Juliette Franks
Life is soup, I am fork.



Gianna Fraumeni
Life is a party and I am the piñata.



Olivia Fraumeni
A dream is a wish your heart makes.



Christopher Freeman
*"Don't put anything stupid."
- Mom*



Dayanara Galan Lopez



Grace Galvin
Maybe the next four will be better.



Tenzin Ganchentseng
*How I feel walking into school every morning
Full Metal Jacket
1:52:21.*



Veronica Garcia Chacon



Evelande Garcon



Jacob George
Since I have 2 first names, I've been called a couple of different nicknames: JG, JGeorge, JacobGeorge, George, Yacob, Racob, & Taco.



Marc Georges



Gabriella Golisano
"Welcome to the real world! It sucks. You're gonna love it!" - Friends, Season 1, Episode 1



**Joseph Goncalves
Neto**

*Bruh, we graduated just
to go to school again.*



Anthony Gonsalves



Darien Goossen



Damon Goss



Elissa Gould



Gianna Grande

*You thought you were a
bad driver, well I backed
into my best friend's car.*



Charlotte Green

*Hi, Polcari's in Woburn,
how can I help you?*



Nicole Greene

*We really waited twelve
years for this and got the
Coronavirus instead.*



Robert Greene

*High school to went I,
school High to went Y'all.*



Neika Guerrier



Philip Haberstroh

*Life, liberty, and the
pursuit of top.*



Kameron Hardy

*Aw, it was like a whole
furnace in there we got
no A/C.*



Valentine Hartford



Iman Hassan

*No, I'm not a legal
midget.*



Evy Hatzigiannis

*"Always walk around like
you have an invisible
tiara."
- Paris Hilton*



Ryan Hawkins



**Jocelyn Hernandez
Perez**



Nicholas Hollings

*Yes, I have celiac. Yes, I
eat bread. We exist.*



Josef Holmes
Forget about it.



Michael Holt
*Graduation is not the
end, it's the beginning.*



Tristen Howard
*"Wanna see me do it
again?"
- Spongebob Squarepants*



Jordan Hudson



Brian Hunt
*"We are what they grow
beyond. That is the true
burden of all masters."
-Yoda*



Deigmar Jacob



Lakesha Jean



Stephanie Jean



Rodin Jean-Baptiste



Soloman
Jean-Baptiste



Marc Alenn
Jean-Mary



Darline Joachim

126,144,000 seconds of
my life spent all for a
piece of paper.

This is not the end of my
story, rather the Marc for
my new chapter.



Taziahs Jones

"Don't stop when you're
tired, stop when you're
done."
- Johnny Sins



Dorcy Joseph

People: "How do you
plan on paying for
college?"
Me: "I plan on putting
sugar in my coffee."



Taheisha Joseph

"I have no idea what's
going on, but I'm
excited!"
- Chandler Bing



Nicole Joyce

Can't find Joyce.



Guerlain Julien



Cairo Keenan

Reagan's skull would
make a great Yorick, I
think.



Samantha Kennedy

Rick and Morty season 3,
episode 6, 1:33-2:25
sums up the past 4
miserable years I've been
here.



Nischal Khatri

I love GEICO
commercials.



Samantha Kizuka

Zoo wee mama.



Rachel Klein

Besides a diploma, all I
got from Medford High is
exploited.



Alecia Knight

"You make my hair fall
out." - Mom
"There's a difference
between Alopecia and
Alecia mom." - Me



Brenna Kristiansen

Are we even in Medford?
#SomervilleKid



Desmond James
Lambert

"Turn on, tune in, drop
out"
- Timothy Leary



Geovanny Landaverde
Tobar



Karina Landry

Friends Season 10,
Episode 2, 8:18.



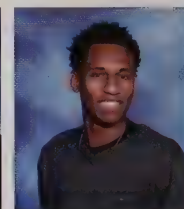
Katherine Le

"No"
- Hamlet Act III, Scene
III, Line 87



Noah Leite

It's pronounced L-eet.



Todd Lemoine

"Step outside"
- Mr. K



Ashley Letorney

They asked me to write something. So here it is: Something.



Evan Liao

gg ez.



Mallika Limose

*"To Pinp A Butterfly"
- Kendrick Lamar*



Maicon Locks

School is like a game, all you have to do, is know how to play it...or just act like you know what you're doing.



Saga Maarouf

*"Can I say another year?"
- Said no one*



Isabella Macedo



Marisa MacGilvray

*"SZA's grandma starts speaking and I turn it UP!"
- Anonymous*



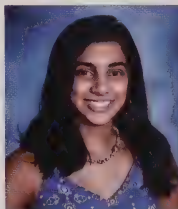
Jacqueline Madigan

Troop 65007.



Jeremiah Mamousette

Take your problems n make Champagne wit it.



Medha Mankekar

Life doesn't have to be short, if we live it slowly.



Athena Maradiaga

Hold on... I've gotta overthink about it.



Sahvanah Marino

*"For every dark night, there is a brighter day."
-Tupac Amaru Shakur*



Phaidra Martin

You can be happy both ways.



Soli Martin-Abascal

That's crazy. I'm just gonna take the L. "sneezing emoji".



Oscar Martinez



Gabriella Martires



Dean Matarazzo

*Give a man a drink, you quench him for a day.
Give a man another drink, you quench him for a lifetime.*



Richard Mathurin



Nicole Mauro

Well...I was never late to class.



Joseph Mazza

Be a better person today than you were yesterday.



Michael Mazziotta



Benjamin McAfee

*"Your friendly neighborhood Spider-Man."
- Peter Parker*



Ali McAweeney

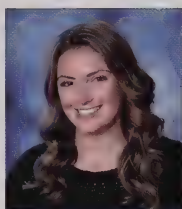


Riley McBrine

*Theres only room for one of us in this town...
DRAW.*



**Matthew
McComiskey**



Emily McDaid
I practically work here.



Jared McDonald
Wait, we had homework?



Lily McDonald
*"Confusion is a gift from God."
- RZA*



Jillian McEleney
Good things come in small packages.



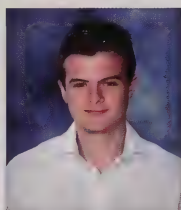
Emma McGlynn
You have a yield sign.



**France Kely
Memeus**



Lauren Miguel
I have to be successful because I like expensive things.



Alexander Milas
Grrrr....Mondays.



Ansel Miller
*"You've taught me nothing except how to cynically manipulate the system. Congratulations."
- Calvin and Hobbes*



Krystal Miller
I need a little fabulous, is that so wrong!?



Jovia Mirembe
I hope natural selection takes care of the freshmen who dab each other up in the hallways.



Bryant Misere
On my solo dolo.



Audrey Moore
This was nothing like High School Musical.



Brandon Moore



Hayley Moore



Jilia Luiza Moura
Retired at 21.



Michael Murphy
*"What happens in the garage, stays in the garage."
- Sign in my garage*



Kyle Nease
You can't kill funk.



Michael Nestor
Don't let school get in the way of your education.



Ethyn Ngo
GG go next.



Alexander Nguy
Long ago, four nations lived together in harmony.



Henry Nguyen
Then, everything changed when the fire nation attacked.



Ryan Normile
*"I'm not great at advice. Can I intrest you in a sarcastic comment?"
-Chandler Bing*



Robert Norton

Life's hard, wear a helmet.



Emanuella Oliveira

*"You can't just give up! Is that what a dinosaur would do?"
- Joey Tribbiani*



Gabrielle Oliveira

My homework isn't done but I am.



Michael Ortiz



Drexel Osborne

*"I am still so naïve; I know pretty much what I like and dislike; but please, don't ask me who I am."
- Sylvia Plath*



Julian Osborne



Ketley Osias

Have you tried my brownies yet?



Zackary Paolillo



Gabriela Papst Luiz

*"It doesn't matter how much time you have, but how you use it."
-Ekko*



Connor Pari di Monriva

That's craaaazyyyyy

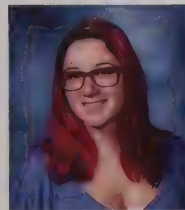


Hetvi Patel



Kayla Pawliuk

I've lost more brain cells being in this school than I have in my whole life.



Valeri Peppe

Medford High School is nothing like High School Musical.



Erica Perez



Stevenson Petit Homme



Anthony Petrone

Noli illegitimi carborundum.



Jacinta Pettie

*"I am no Jedi."
- Ahsoka Tano*



Gabriella Picardi

I'm having a moment, I'm getting dismissed.



Knoa Kyler Pompilus



Marwin Pongprayoon



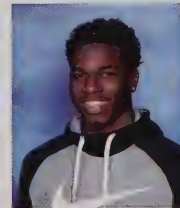
Cayley Powers

Strong women don't have attitudes. They have standards.



Asmine Prince

So I went to school for twelve years just to graduate to go back to school and this time I got to pay for it.



Kendy Prince



Leanna Puccio

I like my camera more than I like most people.



Kayla Radziszewski



Odalys Ramos Pires



Zachary Ramsey

*"I know he wanted a stop and chat. I didn't want to do a stop and chat."
- Larry David*



Jacob Randazzo



Nicholas Ranney

Can I use the bathroom now?



Jenna Redlefsen

You guys were faker than my freshman year eyebrows.



Adam Reed

It iss what it iss.



Jana Reilly



Paige Riccioli



Ngawang Rikgyal

None of this will matter in 5 years. Do what you want :).



Rebekah Rinchere

Autobiography Chapter 4: it be ya own.



Marie Robbins



Hellen Rocha



Savannah
Saint Germain

"You ain't seen the best of me yet, give me time I'll make you forget the rest!"

-Fame, Irene Cara



Zain Saleem

If everything is under control you're not going fast enough.



Krystal Sam

If nothing goes right, go to sleep.



Arthur Sandaniel
Do Nascimento



Matthew Santiago

You can catch flies with honey, but you can catch more honeys being fly.



Bianca Sasso

Can I get a 20 piece nugget? No sauce please.



Stephanie Sauro

*"Allora."
- Mr. Zona*



Jasmine Schena

Give God your weakness and he'll give you his strength.



Jazmin Scott



Amer Shah

Guys call me Amer but girls call me mi Amor.



Shabin Shakhawath



Brennan Sheehan

Mr. Sandman.



Katherine Sherburne

Sometimes you will never know the value of a moment until it is only a memory.



Kevin Silva

*"I realized that I'm searching, searching for what I really want in life. And you know what? I have absolutely no idea what that is."
- Barney Stinson*



Lucas Silva



Rachel Silva

In high school you gotta learn that if you're late, you might as well be really late and go have some breakfast or something.



Shekinah Silva

*"It's not what you say out of your mouth that determines your life, it's what you whisper to yourself that has the most power."
-Robert T. Kiyosaki*



Farley Silverio Martins

Sometimes we win, sometimes they lose.



Jhon Simeon



Dimitrios Simeonidis



Harjot Singh

*"You can't handle my undivided attention."
- Dwight Shrute*



Rachael Smyers



Nicholas Song



Shruti Sood

If someone ever asks you to do something for them, do it really bad so you never have to do it again.



Audrey Soule

*"The only thing that is impossible is impossibility."
- Phineas Flynn, Phineas and Ferb*



Arthur Souza

Thank you for a good night, I love you guys.



Angelina Spinosa

High school was easy. It was like riding a bike. Except the bike was on fire and the ground was on fire and everything was on fire because it was Hell.



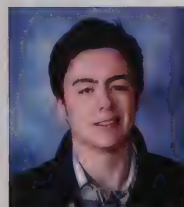
Cadee Stefani

Damn bro, you got the whole squad laughing.



Max Stephens

I may be a senior but I'm still fresh, man.



Emmanuel Sullivan

Roam if you want to.



Meaghan Sullivan

I can't believe I went all through high school without two vampire brothers fighting for my love.



Isabella Szymanski

Be savage, not average.



Peter Tang

"A society grows great when old men plant trees whose shade they know they shall never sit in." - Unknown



Kathryn Teixeira

Katie Teixeira, human disaster.



Ryan Tello



Arielle Terranova



Augustine Tringale

Where's the gabagool?

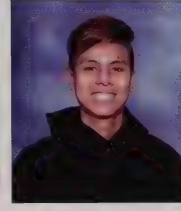


My Khanh Trinh



Margaret Tseng

*"Failure is just success
rounded down."
- Ryan North*



Tenzin Tshering



Angelo Tullio



Aaron Vaz

Deus No Comando.



Anthony Volpe



Hibaq Warsame

Less friends, more bandz.



Bianaca Watanabe

*Wasn't this supposed to
be like High School
Musical?*



Natalya Whalen

Taxation is theft.



Britney White

*"Sometimes I just think
how life would be as a
bear."
- My brother*



Gabri'el Wise



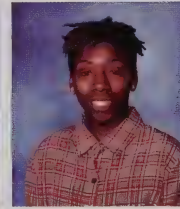
Kevin Wright

*Some people will never
support you because they
are afraid of what you
might become.*



Michael Wu

*"Part of the journey is the
end."
- Tony Stark*



Shaccera Young

BOMBCLAAT



Ava Yurasits

*"Stupid things have good
outcomes all the time."
-JJ*



Momeena Zayma

*Honestly didn't think
most of you would make
it this far.*



Enzo Zerlotini

That's a wrap.

You don't need
2020
vision to see our
pride!



SENIOR



Cutest Couple
Gabi Oliveira &
Enzo Zerlotini



**Couple That
Should
Have Been**
Sam Enayo &
Taheisha Joseph



**Most Drip
(Best Dressed)**
Charlotte Green &
Jeremiah
Mamousette



**Best Dressed
Down**
Gianna Grande &
Ian Budney



**Best Shoe
Game**
Hibaq Warsame &
Max Stephens



Biggest Flirts
Isabella
Szymanski & Ryan
Normile



Class Clowns
Arthur Souza &
Frances Flood



**Most Likely To
Survive A Zombie
Apocalypse**
Desmond Lambert &
Stephanie Sauro



**Best Snapchat
Story**
Bryant Misere &
Meghan Cafferky



**Most Likely To
Become A
Teacher At MHS**
Kyle Nease &
Jenna Redlefsen

SUPERLATIVES



**Most Likely To
Be Late To Their
Own Wedding**
Jilia Moura &
Zain Saleem

**Most School
Spirit**
Abby Czwakiel &
Elijah Fortune

**Most Likely To
Be Famous**
Catherine
Brosnahan &
Albert Farah

Best Glow Up
Julia Desharnais
& Niko Simeonidis

**Most Contagious
Laugh**
Meaghan Sullivan
& Donovan Charles



**Everyone's
Secret Crush**
Emily Federici &
Nick Hollings

**Most Likely To
Become
President**
Marc Alenn Jean
Mary
& Rachel Klein

Best Friends
Brenna
Kristiansen &
Emma McGlynn

**Most Likely To Win A
Gold Medal In The
2024 Olympics**
Tristen Howard &
Amanda Auditore

Teacher's Pet
Emily McDaid &
Harjot Singh

VOCATIONAL



Best Dressed
Damon Goss &
Veronica Garcia
Chacon



Best Duo (Female)
Savannah St. Germain
& Bianca Sasso



Best Duo (Male)
Anthony Volpe
& Nick Ranney



**Everyone's Secret
Crush**
Rachel Silva & Gabe Wise



Best Glow-Up
Kayla Pawliuk
& Joey Mazza



**Couple That Should've
Been**
Jake DuPont &
Taynara Dos Santos



Cutest Couple
Athena Mardiaga
& Dash Exatuer



Flyest Vokie
Stephanie Jean &
Solomon Jean-Baptiste



Biggest Flirt
Sahvanah Marino
& Angelo Tullio

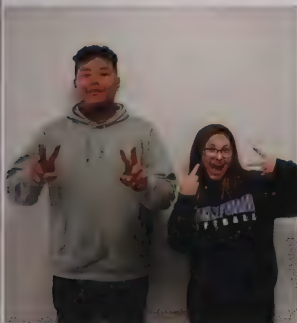


Best Dressed Down
Rabecca Cooper
& Robbie Greene

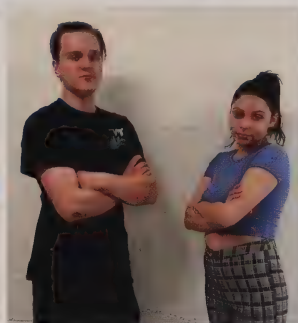


Loudest
Victoria Deassis &
Ami Carrasquillo

SUPERLATIVES



Most MVTHS Spirit
Tenzin Ganchetsang &
Leanna Puccio



Best Eyes
Joe Holmes
& Bianca Sasso



**Most Likely to Teach
at MVTHS**
Cayley Powers
& Brian Hunt



**Most Likely to Switch
Careers**
Jordan Hudson &
Ashawna Ambersley



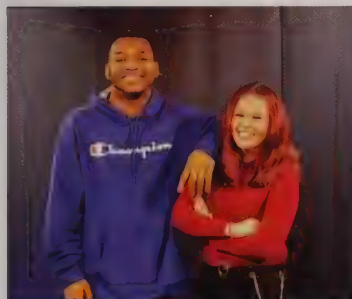
**Most Likely to Forget it's Class
Week**
Farley Silverio Martins &
Taynara Dos Santos



Shop Teacher's Pet
Jasmine Schena
& David Alberino



Most Ambitious
Safe Alfrihat &
Arielle Terranova



Class Clown
Taziahs Jones &
Sam Kennedy



**Most Likely to Memorize OSHA
Codes**
Britney White & Harjot Singh



Most Likely to be Famous
Savannah St. Germain &
Dashley Exateur

SUMMER 2019





Fall 2019

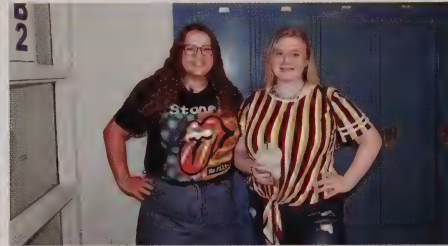


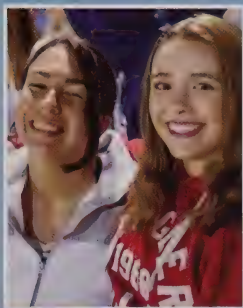
FIRST DAY OF SCHOOL

August 27th, 2019

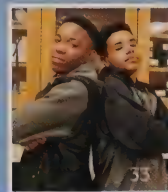


Senior Year:
the best is
yet to come!





STUDENT LIFE

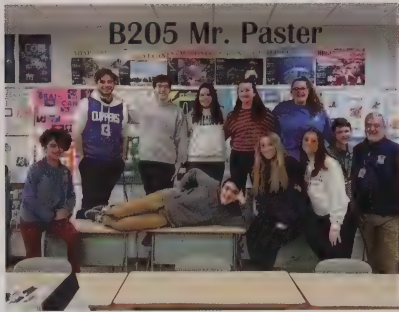


Senior Homerooms

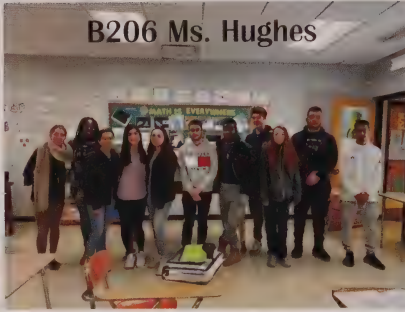
B201 Mr. Skerry



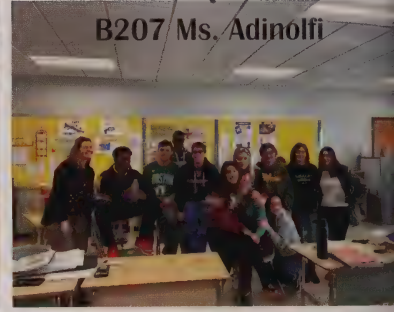
B205 Mr. Paster



B206 Ms. Hughes



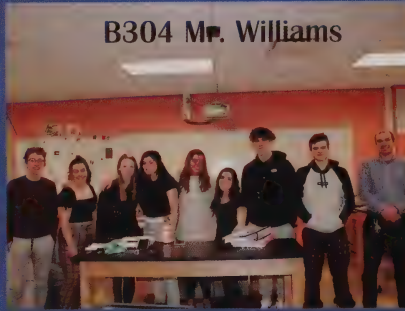
B207 Ms. Adinolfi



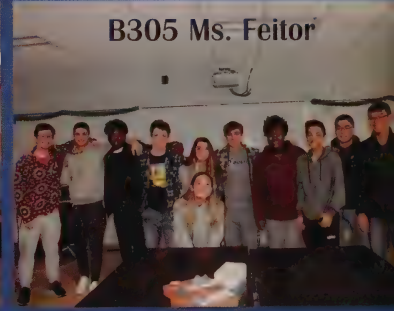
B302 Ms. Carnabucci



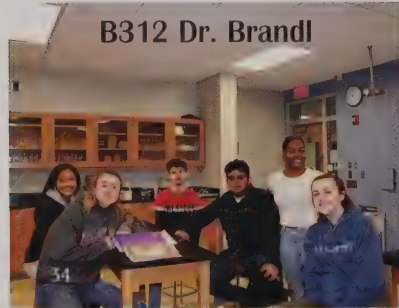
B304 Mr. Williams



B305 Ms. Feitor



B312 Dr. Brandl



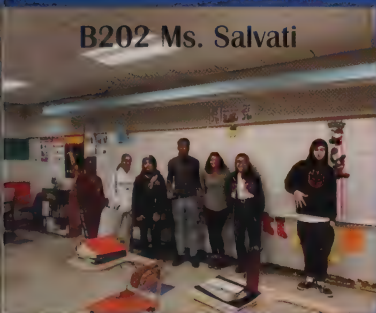
B313 Dr. Wadness



B314 Mr. Lazzaro



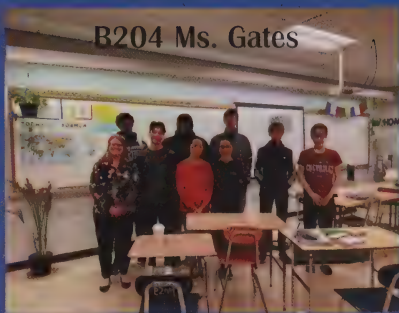
B202 Ms. Salvati



B203 Ms. Costello



B204 Ms. Gates



B208 Ms. Gardner



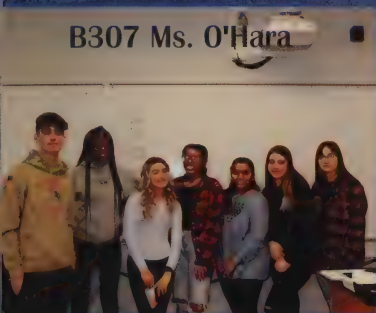
B211 Ms. McGinnis



B214 Mr. Karagjozi



B307 Ms. O'Hara



B308 Mr. Rosseau



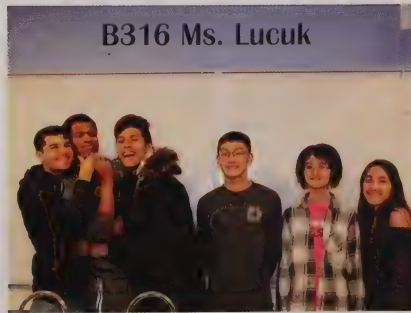
B310 Ms. Beaulieu



B315 Dr. Tenenbaum



B316 Ms. Lucuk



B317 Mr. Garza



Medford Boys' Varsity Soccer



Coaches



Jay Petrides
& Mike Petrides

"The boys' soccer team went above and beyond both on and off the field and developed a brotherhood that will last a lifetime. This group of seniors will be defined not by wins and losses but more so on the impact that they have made on coaches', players', and classmates' lives. In my time coaching, there are very few groups, if any, who have done as much for the boys soccer program at Medford High School."

- Coach Jay



Captains



Iago De Sousa-Vieira, Farley Martins, Aaron Vaz, and Luis Gustavo





Opponent	Score
Xaverian Brothers	2-2 Tie
Malden	5-2 Win
Ludlow	2-4 Loss
Everett	3-1 Win
Somerville	2-0 Win
Revere	2-3 Loss
Malden	8-0 Win
Boston International	6-0 Win
New Bedford	5-0 Win
Lowell	6-0 Win
Everett	7-1 Win
Somerville	4-5 Loss
Chealsea	7-1 Win
Revere	2-0 Win
Peabody	7-1 Win
Silver Lake	3-0 Win
Woburn	6-1 Win
Lowell	3-1 Win
Chelmsford	6-2 Win
Lexington	2-1 Win
Andover	8-0 Win
Lincoln-Sudbury	2-1 Loss

Team Record: 17-3-1

Seniors



Kervens Andre
#18



Dori Dorne
#5



Luis Gustavo
#4



Farley Martins
#6



France Memeus
#13



Kendy Prince
#10



Lucas Silva
#20



Arthur Souza
Goal Keeper



Aaron Vaz
#11



Enzo Zerlotini
#12

Girls' Varsity Soccer

Girls' Soccer 2019-2020



Coaches



Michelle Frasier
Rocco Cieri

Captains

"Thank you to our seniors and our captains Jackie and Taheisha for leading our team this year. Every single girl was such an important part of our success, and we improved incredibly from our last couple of seasons."

- Capt. Amy Orcutt



Amy Orcutt, Taheisha Joseph,
and Jackie Madigan

Seniors

Morgan Adamos

#1



"I play because I love the sport and it's always been a way to clear my mind and escape from stress. It's also an amazing team sport and has been a big part of my life."

Ashawna Ambersley

#26



"My favorite thing about being on the team is making longtime friends with the girls. I've learned a lot of positions and mostly how it is when you're protective of the ball and where your place stands on the field."

Briana Ayala

#14



"I played because it was an escape for me. My love for the sport grew more and more each minute I got to play a game or practice. Soccer brings me joy, love, and support from the team, and the message of never giving up no matter what."

Stephanie Jean

#15



"I joined soccer to become a part of something larger than myself. I loved meeting new people and making connections with people that I would've never expected to connect with."

Taheisha Joseph

#24



"My favorite thing about being on a team is the relationships you form. Even though you are only playing together for two months, you get so close with each other that they become your second family."



Rachel Klein

#6



"I just love having the ball on my feet and getting to play. I really love how close the team gets over the season as well."

Jackie Madigan

#10



"I've played on varsity for my four years of high school, and I play because I love the competitive games and growing such close bonds with my teammates. We really are one big family."

Jilia Moura

#21



"I've played a lot of sports for the school, but these girls are the best team I've had. We're all so close they're some of my best friends and even family and I couldn't imagine my highschool career without being a part of this team."

Rachel Silva

#12



"I play for my friends. We push each other to never give up. I love how we're all a family on the team and can always count on each other. I fell in love with a beautiful game that will forever be a part of me."

Audrey Soule

#7



"I love the sport itself and the team atmosphere. Everyone is so fun to be around, and I always look forward to playing with them at practices and games."

MEDFORD VARSITY FOOTBALL



VARSITY FOOTBALL 2019-2020

"Once a
Mustang, always
a Mustang!"





SENIORS



Rodin
Jean Baptist #80



Jules
Cesar #64



Donovan
Charles #51



Samuel
Enayo #11



Tyler
Encalada #14



Kevin
English #66



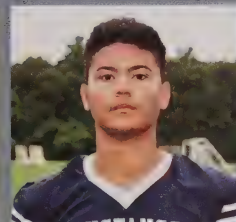
Taziah
Jones #67



Dash
Lee #1



Jeremiah
Mamouselle #17



Matthew
Santiago #7

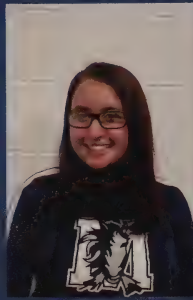
CAPTAINS



Gregory Blackwell, Dash Lee, Donovan Charles,
Deion DaGraca & Coach John Curley



INTRODUCING OUR SENIORS...



Gianna
Grande



Athena
Maradiaga



Jillian
McEleney



MEDFORD VARSITY CHEERLEADING

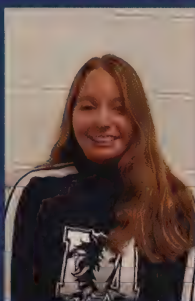




Lauren
Miguel



Gabrielle
Oliveira



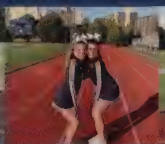
Kayla
Radziszewski



Angelina
Spinosa



Bianca
Watanabe



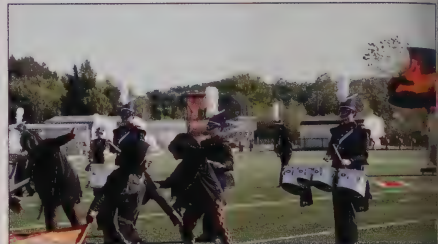
COACHES



MEGHAN MOTHERWAY, SYLVIA BELCASTRO, & VANESSA AMERO

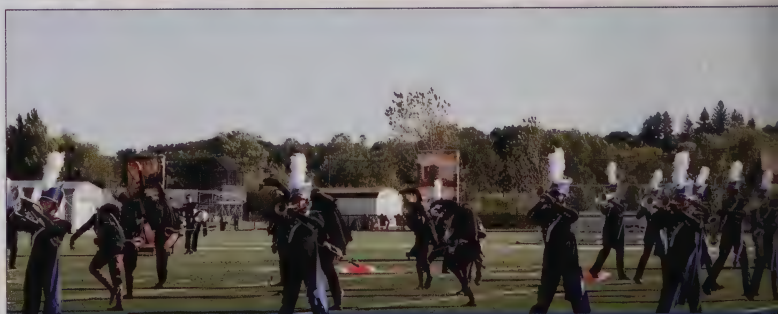
"THAT 7 PANEL BLUE MAT BROUGHT A GROUP OF DIVERSE GIRLS TOGETHER. BEING LED BY 8 WONDERFUL BIG SISTERS, YOU ALL CREATED MEMORIES, FRIENDSHIPS, AND GIRLS WHO WILL ALWAYS LOOK UP TO YOU. SENIORS, RUN FIERCELY TOWARDS YOUR DREAMS, EMBRACE ALL CHANGES, STAY BEAUTIFULLY YOU, AND ENJOY EVERY LITTLE MOMENT." - COACH MEG





"Band has been the best part of high school for me. The people I met became family, and the band room became my second home. I've learned so much and made relationships and memories that will last a lifetime. The bond that we have with each other is unbreakable and I feel so lucky that I got to be a part of such an amazing, hard-working group of people. There will always be a place in my heart for band that I will cherish forever."

- Gabriella Golisano, Drum Major



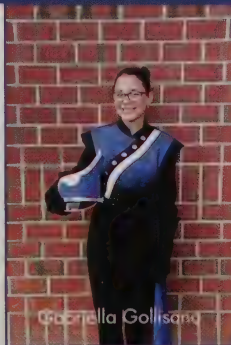
Seniors



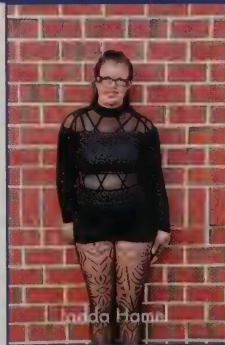
Tia Balafoutis



Nick Corrado



Gabriella Golisano



Linda Homan



Samantha Kennedy

Medford Mustang Marching Band & Colorguard



Benjamin McAfee

Wesel Miller

Javia Miremba

Connor Pari

Marielena Cayula

Fall Rowing



A word from Coach Dello Russo...

"Coach Manes and I are both very excited for what the future of the Medford High School Rowing team looks like. Many changes have taken place since last year with a revamped coaching staff, and we look forward to what lies ahead. We are fortunate enough to have such a strong group of seniors helping the team during this time of transistion. Through their hard work and dedication, the team has and will continue to see success out on the water."



Our Seniors



Julia Desharnais

"I joined crew my sophomore year, and at first I didn't think I would like it. Once practice started and we went to regattas, I learned how much I love the team and how welcoming the community is!"



Peter DiPlacido

"Crew is the best combination of bad weather, good people, and a big speaker."



Desmond Lambert

"If you do what you love, you'll never have to work a day in your life."



Marisa MacGilvray

"I love being a part of the crew team. This is my third fall season, and I've met so many amazing people. I've found something I'm really passionate about, and I can't wait to come back in the spring!"



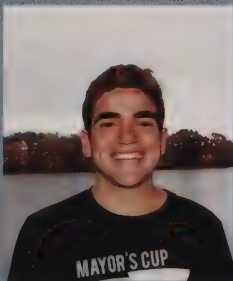
Kyle Nease

"Yeah, this uni is tight. \(\cdot^{\cdot^{\cdot}}\)"

2019-2020 Fall Rowing Team



Zach Ramsey
"Medford Rowing: hammocking, comfortable re, dogs at regattas, and fun wing on the Mystic River."



Gus Tringale
"Hammock Nation has risen again."



Micahel Wu
"Crew is more than a sport. It's an experience. Whether losing my voice countless times or getting drenched in the rain, I wouldn't trade the experiences I've had at crew for the world."

Our Captains...



Gus Tringale, Kathleen Campbell (junior), Desmond Lambert, Marisa MacGilvray, & Kyle Nease

"The seniors on our team this year are such amazing people. They make the erg tests almost tolerable!"
- Kathleen Campbell, junior

Seniors



Kieran Adams



Mare Alenn
Jean-Mary



Ian Budney

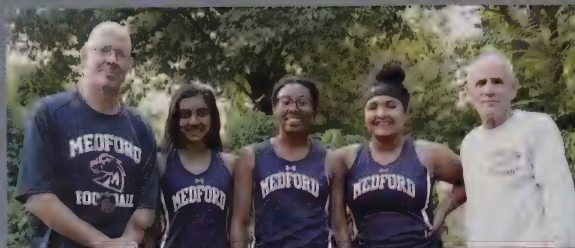


John Falco



Elijah Fortune

Girls Captains



Medha Mankekar, Drexel Osborne, and Soli
Abascal-Martin



Girls Cross Country

Cross Country 2019-2020



Boys' Cross Country

Boys' Captains



Phillip Haberstroh, Kieran Adams, Ansel
Miller, Elijah Fortune

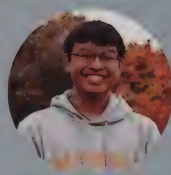
Coaches



Tom Lynch



Lou Ruggiero



Phillip Haberstroh

Medha Mankekar

Soli Martin-Abascal

Ansel Miller

Henry Nguyen

Drexel Osborne



"Personally I never liked sports, nor do I now, but what I always came for was the people. Even being a late-comer last year, I was still welcomed by the whole team, and this year was no different. The whole environment is so positive, and it has been so fun to cheer for my team members."

- Henry Nguyen

VOLLEYBALL

CO-CAPTAINS GRACE GALVIN
& TALIA RITCHIE



COACH TAYLOR DYER



HIS TEAM HAS
COME MY SECOND
FAMILY OVER THE PAST
FOUR YEARS. I CAN'T
IMAGINE MY HIGH
SCHOOL EXPERIENCE
WITHOUT THEM. THIS
SEASON, WE'VE COME A
LONG WAY, AND I'M
EXCITED TO SEE THEIR
PROGRESS AND GROWTH
OVER THE NEXT FEW
YEARS."

OUR SENIOR: CAPT. GRACE GALVIN



2019-2020 VARSITY VOLLEYBALL

Varsity Golf



Varsity Golf 2019-2020

Ryan Flaherty, Ryan Navarro, Anthony Lind, Colin Bailey, Elias Kinaoui, Louis Pucillo, Devon Page, & Justin Truong

Co-Captains

Colin Bailey and Justin Truong



"Coming into this season, I did not expect the level of responsibility and management, especially after only being a junior. I have come to learn that despite the struggles we had, it was a fun and great experience to be able to go out and play golf with some new friends. We had an excellent season, with a lot of good memories. I'm happy to call these guys my friends both on and off the course, and I'm glad I could meet them. Thanks for the season you guys; I'll be here to boss you around the next one." - Colin Bailey

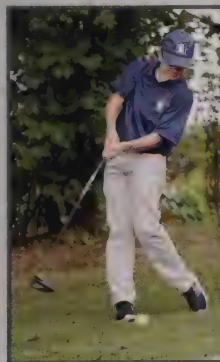
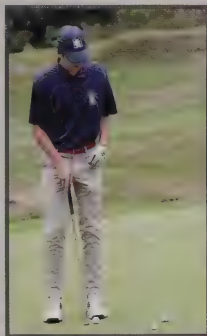


"It's been a great year with these guys. There's been plenty of great moments this year, but also moments where you just feel like throwing your club. Not only did I have a great time with these guys on the course, we also become really close with one another. Luckily, I'll have another year with these guys."

- Justin Truong



"This season, we went 3-9. The younger kids got a lot of experience and played much better by the end of the season. Junior co-captains Justin Truong and Collin Bailey led the team and are hard-working and dedicated individuals." - Coach Dyer



The MHS Drama Club
presents...

The Brothers

Seniors



Catherine Brosnahan



Ian Budney

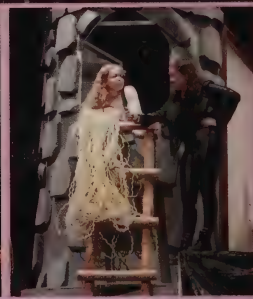


Abby Czwakiel



Frances Flood

On November 7th-9th, the Medford High School Drama Club put on their performance of *The Brothers Grimm Spectaculaton*. The play features different fairy tales told by a pair of narrators, and it was filled with laughter and amusement both on and off stage.



Grimm Spectaculathon

CAST

Catherine Brosnahan

Ian Budney

Anita Capone

Abby Czwakiel

Ciara Falvey

Frances Flood

Youseff Gehad

Savannah

Saint Germain

Charlotte Green

Lacey Intoppa

Desmond Lambert

Nathan McCarthy

Daniel Morgante

Teagan Mustone

Ruth Peirce

Mariana Plata

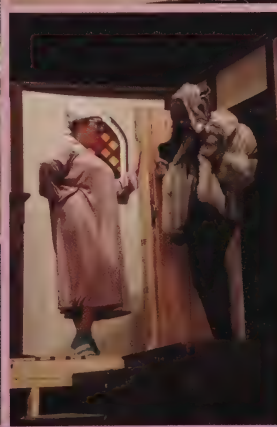
Katie Rotramel

Joey Ruemenapp

Cadee Stefani

AJ Trenga

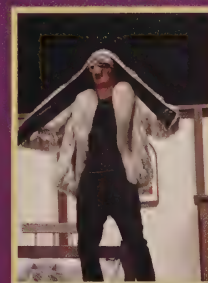
Theo Tringale



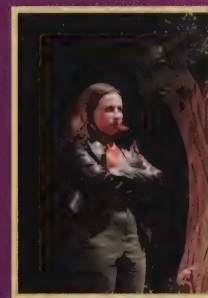
Savannah
Saint Germain



Charlotte Green



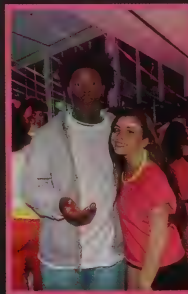
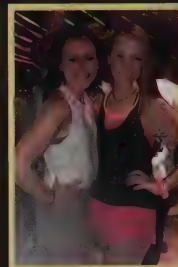
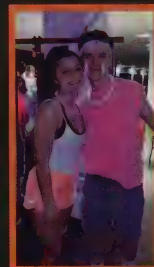
Desmond Lambert



Cadee Stefani

NEON DANCE

SEPTEMBER 27TH, 2019





Kimball Farms

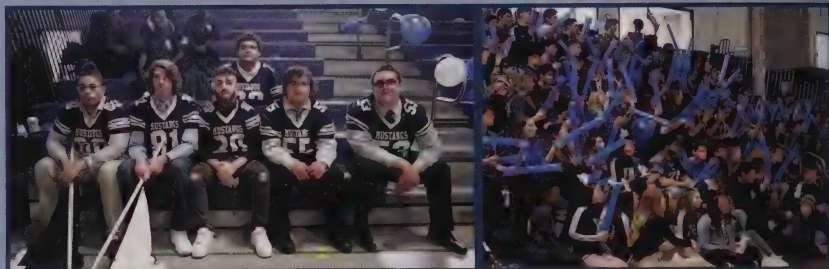
September 19th, 2019



MEDFORD HIGH SCHOOL

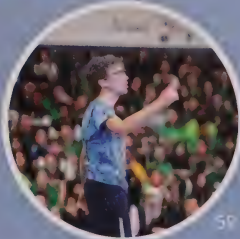
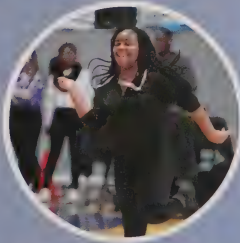
PEP RALLY

NOVEMBER 27TH, 2019



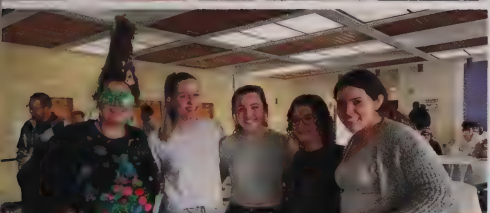
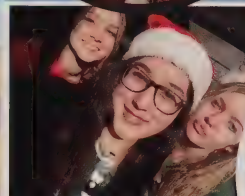
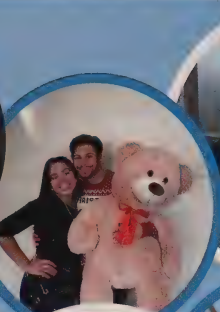
To celebrate the Medford High School fall season, the student council, along with the help of Dr. Mulligan, put together a fantastic pep rally to showcase our school spirit before our Thanksgiving break! Thanks to many staff members and students, this pep rally was one for the books! There were games, performances, and even a skit performed by the seniors. Let's go Mustangs!





WINTER





Black History Month Assembly

February 28th, 2020



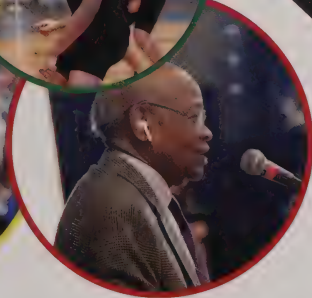
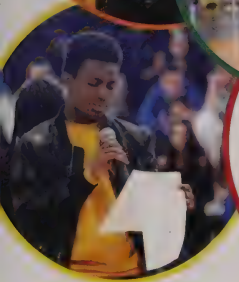
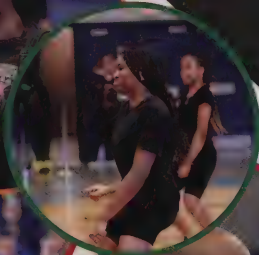
Medford High School and the Medford Vocational Technical High School celebrated Diversity Week, hosted by CCSR, from Monday February 24th to Friday February 28th. On Friday, Black History Month was celebrated in the MHS Gym to showcase the black culture at Medford High School. We would like to thank Dr. Mulligan for all of her assistance, as well as our guest speaker, Dr. Harris Gibson.





"Student-led assemblies are one of the best things to happen at Medford High School. The collaboration among seniors, underclassmen, and faculty to make the Black History Month Assembly happen took a lot of effort. I am very proud of the result. Being able to celebrate Black History and ourselves was educational and enjoyable!"

- Ebyan Abshir, senior



"Bringing the gifts that our ancestors gave, our assembly showed the dreams and hopes of a slave."

- Elijah Fortune, senior

VARSITY BOYS' BASKETBALL 2019-2020



SENIORS



DOMINIC ALIANO



LUTHER BELLANTON



JEREMIAH MAMOUCETTE



RILEY MCBRINE



ALEX MILAS



MICHAEL MURPHY



CAPTAINS



MICHAEL MURPHY, ALEX MILAS, & RILEY

MCBRINE

COACHES



JOHN SKERRY & ANTHONY TORTORA



MEDFORD GIRLS' BASKETBALL

SEN20RS & Coaching



AUDITORE
#1



WARSAME
#11



YOUNG
#20



RINCHERE
#21



LIMOSE
#22



MADIGAN
#23



**MARTIN-
ABASCAL**
#24

Captains



**Amy Orcutt &
Jackie Madigan**



Coach



**Norma Waggett &
Molly Waitt**

Be the ball.....SWISHHH!



It's not a
sprint. It's a
MARATHON.

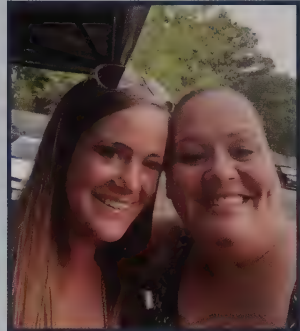


It's not over
'til the clock
says **ZERO.**





OUR COACHES



MEGHAN MOTHERWAY &
SYLVIA BELCASTRO

MEDFORD VARSITY



"Coming together is the begining. Keeping together is a process. Working together is success."



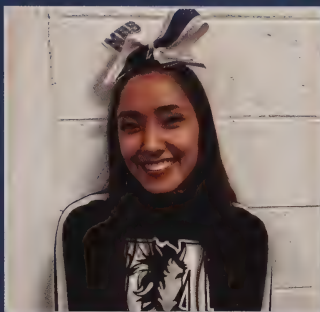
SENIORS



KAMLA RADZISZEWSKI

"Being a cheerleader is not about standing on the side of the basketball court.

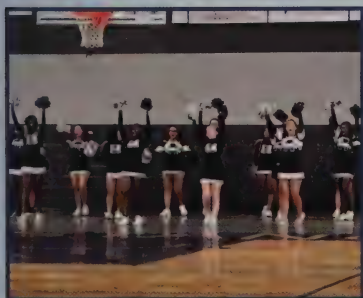
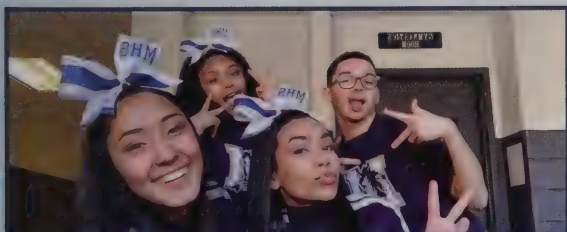
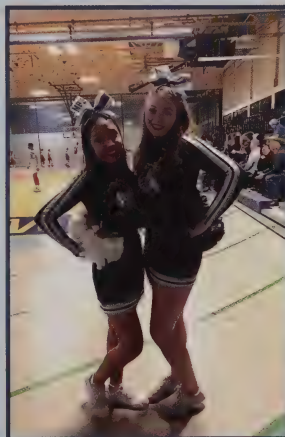
It's about supporting our team, showing school spirit, and having fun! We got pretty close as a team and made memories that will last forever."



BIANCA WATANABE

"It was my dream to become a cheerleader since I was a child. With this team, I could achieve that dream in the best way I could. I had a great time and I love you all!"

WINTER CHEERLEADING

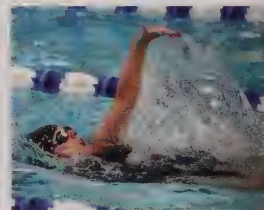


In the fast lane...

Throughout the winter season, the class of 2020 has demonstrated hard work and determination to their teammates. This year, captains Peter DiPlacido and Alex Nguy, along with junior Samuel Cluggish and sophomore Brendan Sheehan, qualified for the MIAA Winter 2020 Boys North Sectional Swimming Meet at the Massachusetts Institute of Technology. They qualified in both the 200 freestyle relay and 400 freestyle relay. After placing in the top eight, they qualified for the Boys Division I State Championships at Boston University. They will represent Medford High School in the biggest swimming tourney the MIAA has for high school athletes! Ebyan, Peter, Grace, Marisa, Emma, and Alex will be dearly missed next year by their teammates!



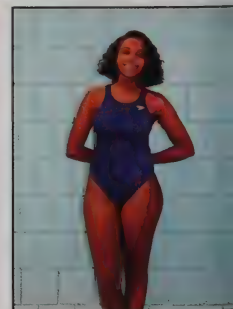
(From left to right) - Coach Mary Judge, Peter DiPlacido, Marisa MacGilvray, Grace Galvin, Alex Nguy, & Coach Mary Hoardy



2019-2020 Varsity Swim Team

Captains & Coaches

Seniors



"Started from the bottom (lane 8) now we here (lane 1)!"

- Ebyan Abshir



Medford High School

VARSITY SWIMMING



"Win if you can; lose if you must; but never quit. You have to expect things from yourself before you do them. This team realized their potential only after testing themselves. Their can-do attitude proved to be quite successful as the season went on. The majority of you found yourselves with accomplishments that were so well deserved, yet surprised and delighted you. I am so proud of this class. You will do well in your future endeavors; there's no doubt! Keep your goals high, and reach for the stars!"

- Coach Mary Judge



Ebyan Abshir

200 Yard Medley Relay 100 Yard Backstroke
200 Yard Freestyle Relay
100 Yard Butterfly

Marisa MacGilvray

200 Yard Medley Relay 500 Yard Freestyle
200 Yard Freestyle 100 Yard Backstroke
100 Yard Freestyle 400 Yard Freestyle Relay



Peter DiPlacido

200 Yard Freestyle 400 Yard Freestyle Relay
200 Yard Freestyle Relay
500 Yard Freestyle

Emma McGlynn

200 Yard Medley Relay
200 Yard Breaststroke
100 Yard Breaststroke



Grace Galvin

200 Yard Medley Relay 100 Yard Butterfly
200 Yard Individual Medley 100 Yard Breaststroke
200 Yard Freestyle Relay

Alex Nguy

200 Yard Individual Relay 400 Yard Freestyle Relay
200 Yard Freestyle Relay
100 Yard Butterfly



"I have been on this team for four years, and I finally forgot how to breathe."

- Capt. Peter DiPlacido



"So why no flippers?."

- Capt. Grace Galvin



"I'll see you all on Sunday, Sunday, Sunday!"

- Capt. Marisa MacGilvray



"Ten years later and I still don't know how to do backstroke."

- Emma McGlynn



"Finally got my Ph.D in hydromechanics! I'm going to miss the bus rides."

- Capt. Alex Nguy



Boys' Hockey



Boys' Varsity Hockey 2019-2020

Top Row: Louis Pucillo, Cody Tufts, Sean MacGilvray, Anthony Lind, Christian Ziobro-Devitto, Nick Pasquariella, Connor Finnegan. *Middle Row:* Conner Carreiro, Liam Bernardi, Shawn Nestor, Shane Grant, Devon Page, Jared Allsopp. *Bottom Row:* Jared McDonald, Anthony Petrone, Chris Freeman, Michael Corso, Michael Nestor, Jake McMahon, Donald Davis

Captains & Coach



Chris Freeman, Coach Shawn Bates, and Michael Corso

"To my seniors, congratulations on your high school graduation. I wish you nothing but the best in your futute endeavors. Thank you for another amazing season!"

- Coach Bates

Seniors



Michael Corso
#30



Chris Freeman
#20



Jared McDonald
#10



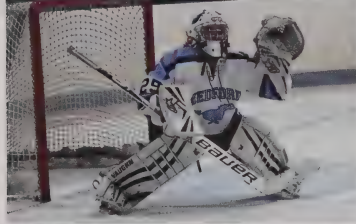
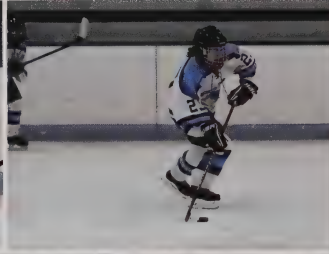
Michael Nestor
#12



Anthony Petrone
#9



Girls' Hockey



Coaches



RAYANNE FORBES, MARK
SHIANO, & ADRIENNE
PORRAZZO

Girls' Varsity hockey 2019-2020



Top Row: Mia Moretti, Elaina Szymanski, Brynn Lally, Juliana Steriti, Isabella Sasso, Keena Swanson. Middle Row: Beverly Boyd, Grace Stein, Elizabeth MacDonald, Julia McDonough, Olivia Tufts. Bottom Row: Rayanne Forbes, Sarah Whitehouse, Bianca Sasso, Bethan Taddeo, Erin Allen, Phaidra Martin, Alaiana Giuliano

Seniors



Captains



ERIN ALLEN
#16



BETHAN TADDEO
#14

Alternate Captains



PHAIDRA MARTIN
#1



BIANCA SASSO
#13

Kieran Adams



Julia Desharnais



Samuel Enayo



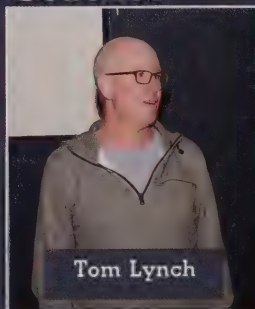
John Falco



Indoor Track



Coaches



Tom Lynch



Jack Dempsey



Joe Donlon

Captains

Tristen Howard, Aniya Crump (sophomore), & Audrey Soule

Desmond Lambert



Katie Le



Ansel Miller



Bryant Misere



Elijah Fortune



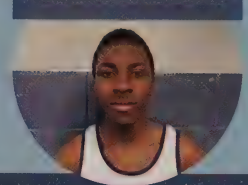
Jacob George



Tristen Howard



Marc Alenn Jean Mary



Nicholas Ranney



Audrey Soule



Arthur Souza



Michael Wu



GYMNASTICS

SENIORS



Morgan
Adamos



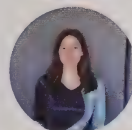
Meghan
Cafferky



Amanda
DiPaola



Julianne
D'Orazio



Olivia
Fraumeni



Nicole
Joyce



Jillian
McEleney



Meaghan
Sullivan



Angelina
Spinosa

CAPTAINS

Meaghan Sullivan and Julianne D'Orazio



"I'm grateful for these past four years of competing with this team. I have really enjoyed being a captain, and I am so sad that the season has come to an end."

-Meaghan Sullivan

"Being a captain for the past three years has been a great experience that will stay with me forever. I am so proud of my team and all that we have accomplished this year."

-Julianne D'Orazio

COACHES



Stephanie Falasca, Nicole Fortino, and Colleen Small

"Congratulations to our GBL champions!"
-Coach Stephanie

GIRLS' VARSITY GYMNASTICS 2019-2020





OH, WHAT A TANGLED WEB!



SENIORS

(From left to right):

Ben McAfee,
Kieran Adams,
Cadee Stefani,
Ansel Miller,
Frances Flood &
Desmond Lambert



"Oh, What a Tangled Web" is a fast paced 90s sitcom about your ordinary family shananigans, leaving the audience with plenty of laughs!



CAST LIST

Frances Flood	Kieran Adams
as Chris	as Stan
Wilson	Glowacki

Jack Bolitho
Margaret Hines
Nathan Moreno
Sam Stanley
Eli Walton
Gabby Yamamoto

Drama Fest 2019

Fancy Me Mad



"Although drama fest can be stressful because it's a competition, it also ends up being extremely fun. I get to spend time with my friends while also meeting so many new people who have the same passion for theatre. It's truly amazing."

- Cadee Stefani



SENIOR



Dominic Aliano



Michael Corso



Isabella DeSouza



Peter DiPlacido



Gianna Grande



Meghan Cafferky



Abby Czwakiel



Amanda DiPaola



Julianne D'Orazio



Amina Eldeeb

CARS



Evvy Hatzigiannis



Desmond Lambert



Alex Milan



Audrey Moore



Nick Ranney



Zach Ramsey



Zain Saleem



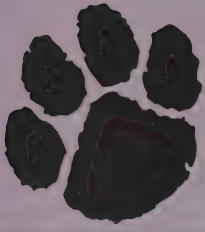
Rachel Silva



Cadee Stefani



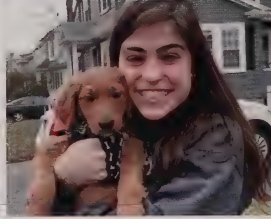
Max Stephens



SENIOR



BIANCA SASSO & LOLA



JULIA DESHARNAIS & WINNI



BOBBY NORTON & GUNNAH



KRYSTAL SAM & IVY



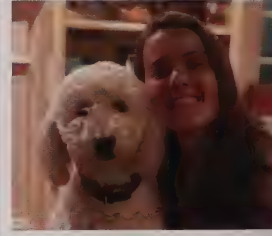
NICOLE GREENE & JEWEL



KATIE TEIXEIRA & BUCKY



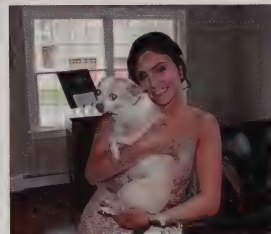
VICTORIA DEASSIS &
MOCHA



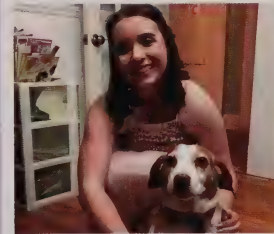
GRACE GALVIN & SCOUT



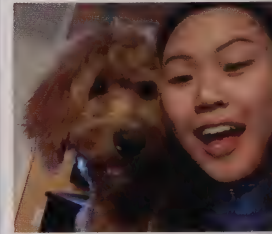
BRENNA KRISTIANSEN &
MAGGIE



JACKIE MADIGAN & LILY



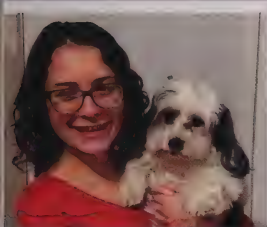
EVY HATZIGIANNIS &
HUNTER



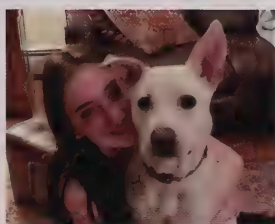
NICOLE CHIN & CHARLIE



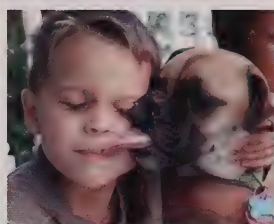
PETS!



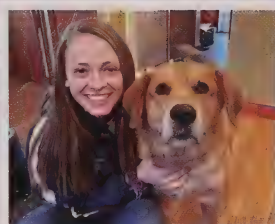
GABRIELLA GOLISANO &
BRADY



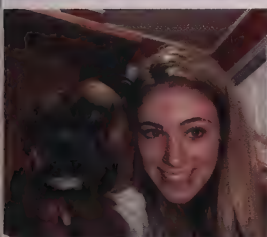
MEGHAN CAFFERKY &
MILLIE



KIERAN ADAMS & MAPLE



EMMA MCGLYNN & NALLA



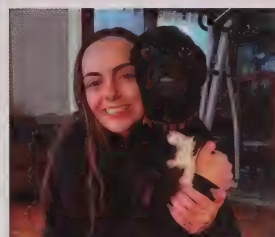
NICOLE JOYCE & NONNI



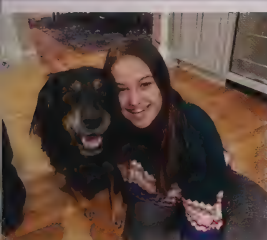
KYLE NEASE & EMMA



MEAGHAN SULLIVAN &
KRAMER



AMANDA DIPAOLA &
MICKEY



CATHERINE BRORNAHAN &
SOPHIE



TAHEISHA JOSEPH & GABBY

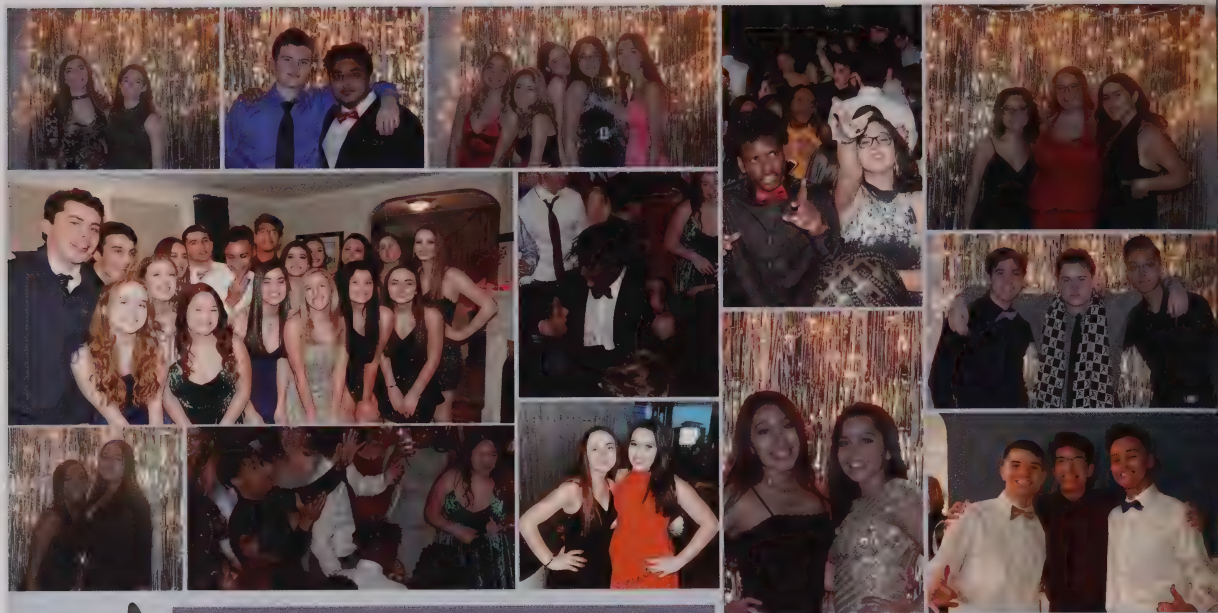


GABI OLIVEIRA & BAMBI



NICOLE MAURO & TEDDY

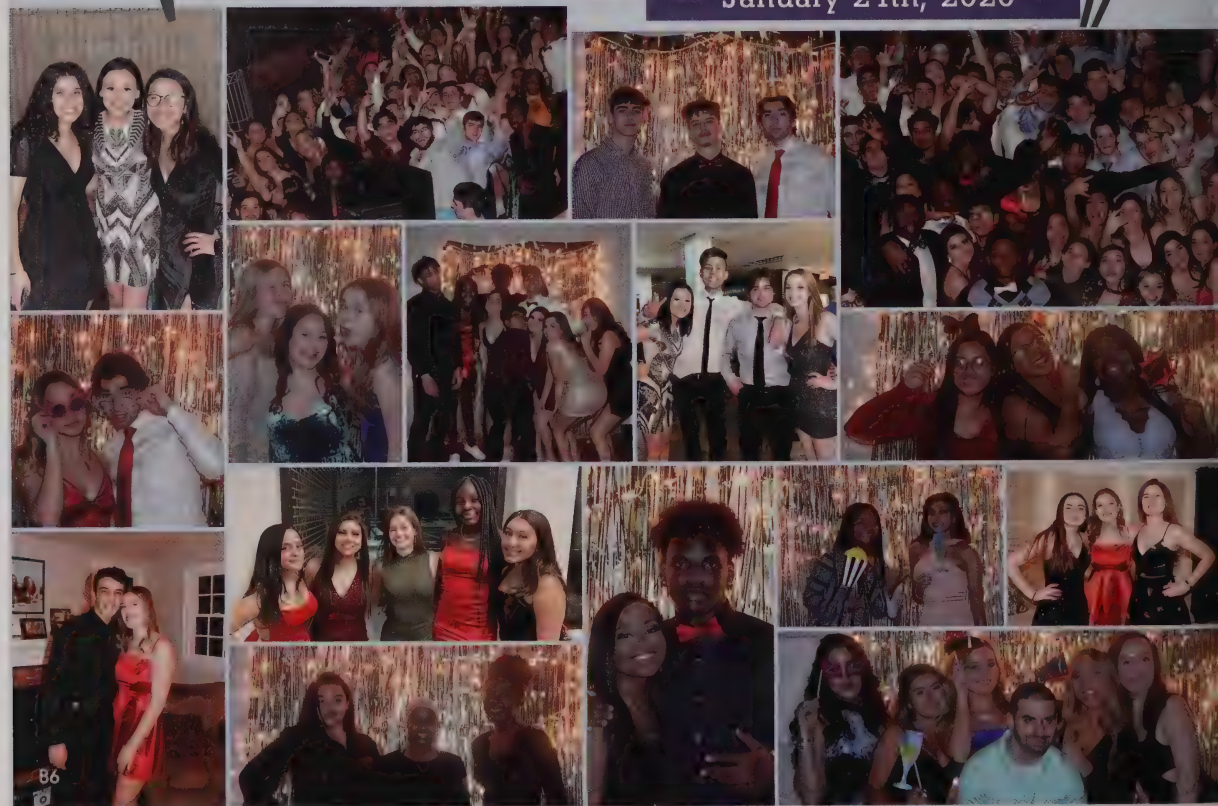




Winter

Ball

January 24th, 2020





SPRING ~ OUR LAST FEW MONTHS OF SENIOR YEAR



VARSITY SOFTBALL

Captains

Emma McGlynn #21 Brenna Kristiansen #7



"I am so happy that I was able to be a member of this team for the past three years. The memories and bonds that we've created on this field will last forever. I am so proud of everything that we have accomplished, and I cannot wait for an even better season this year!"

- Emma McGlynn



"To Coach Dempsey, to Pags, and to my teammates, I could not thank you guys enough for the best four years I could have asked for. You truly knew how to make a new Somerville girl feel special.

From 'guess the song' to Jim Plunkett spectaculars, Krystle Campbell Softball Tournaments, team bondings, crazy bus rides, conference champions, or even wearing heels to batting practice, I'll forever hold these special memories in my heart. We will forever be the best softball family!"

- Brenna Kristiansen

Coaches



Coach Jack Dempsey (left) & Charlie Pagliarulo (right)

"I'm looking forward to this season. Despite graduating eight seniors, we have many new players that are anxious to show their talents and to fill the big shoes of the successful seniors that graduated."

- Coach Dempsey

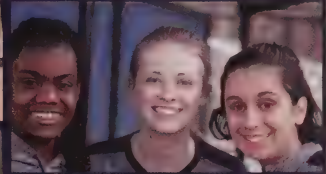


Girls' Varsity Softball 2018-2019

KRYSTLE CAMPBELL TOURNAMENT

Every year, the Medford Softball Team competes in a fundraiser tournament to honor Krystle Campbell, a Medford High School softball alumna, who lost her life in the 2013 Boston Marathon Bombing. Along with Medford, Billerica, Swampscott, and Arlington Catholic, they come together and compete to honor Krystle Campbell.





"It is really the end of an era for some of us. This would've been our last time being on the same field together. We took for granted all of the trophies we won together. Since 4th grade, I've never wanted to go out on a baseball field without these guys, and now we may never be able to again. Baseball is a game where you will inevitably fail, but it has taught us how to overcome failures and strive to be our best selves, and that's why we will always love the game."

- Michael Nestor, #12



Boys' Varsity Baseball Team 2019

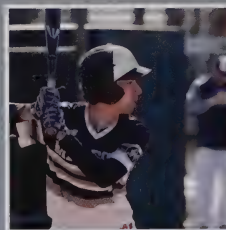
SENIORS



Ian Budney #18



Tyler Encalada #13



Jared McDonald #99



Michael Nestor #12

COACHES



(From left to right): Coach "Oz," Coach Bell, Coach McGonagle & Coach Nestor

"I am looking forward to coaching a great bunch of kids who I've known for twelve years. To watch them grow into fine athletes is what coaching is all about"

- Coach Nestor



Ryan Normile #6



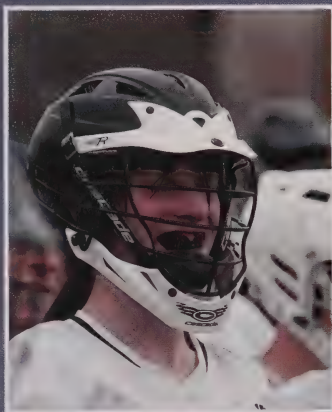
Robert Norton #11



Zackary Paolillo #2



Boys' Varsity Lacrosse



Boys' Varsity Lacrosse 2018-2019





Coach Anthony Torta



Seniors

Nico Casamassima
 Chris Freeman
 Capt. Tenzin Ganchentsang
 Capt. Phillip Haberstroh
 Capt. Jacob Randazzo
 Matthew Santiago
 Peter Tang



Girls' Varsity Lacrosse

Captains



(left to right) Siobhan Paras,
Rebekah Rinchere, and Amanda
Auditore

"The circumstances that our team and many other teams are experiencing are very unfortunate, as we were all very excited to play this season. I will miss playing with these seniors and I am looking forward to getting back on the field next season."

- Siobhan Paras

"Entering my third season of lacrosse at Medford High, I am grateful to start a new season as captain with my teammates. I look forward to a season full of wins and new memories to come."

- Rebekah Rinchere



Girls' Varsity 2018-2019

Coaches

(left to right)
Mary Roche and
Meghan Olson





Seniors

Amanda Auditore
 Julia Desharnais
 Rebekah Rinchere
 Ava Yurasits

"I transferred my junior year, and when I joined the team all the girls were so welcoming and I'm so glad I was able to be a part of the amazing experience."

- Ava Yurasits

Spring Crew



2019 Spring Varsity Crew Team



"Although the seniors' spring season was cut short, I take for granted all the experiences I've accumulated with this amazing team. When I initially joined Crew, I was quiet, reserved, and would have never imagined that I would be in the position I am now. During my first race as a coxswain, I don't recall saying a word. Nowadays, you could probably hear me yelling from across the river. Through my journey to where I am today, I may have crashed a boat, shed a few tears, and gotten into a few conflicts, but these experiences have led me to create friendships with some of the most compassionate people and become the best version of myself. I cannot thank every single athlete, parent, and coach enough for creating such an energetic and fun atmosphere and for helping me find my voice, it has been a pleasure being a part of this team!"

- Michael Wu

Class of 2020 Seniors



Top row (from left to right): Michael Wu, Jacob George, Zach Ramsey, Peter DiPlacido, Kyle Nease (Capt.), Desmond Lambert (Capt.), & Gus Tringali (Capt.) Bottom row (from left to right): Ben McAfee, Nick Corrado, Ansel Miller, Grace Galvin (Capt.), & Marisa MacGilvray (Capt.)

Not pictured: Julia Evers



"Seniors, I know that this wasn't the way you imagined your last season of crew would go. It wasn't what I imagined either. But you all have shown tremendous leadership in the face of an uncertain situation. You all have worked tirelessly to keep everyone's spirits alive and keep your younger teammates motivated and excited about the rowing team. I couldn't have asked for a better group of senior athletes to help navigate through this strange time. Your leadership during this time will have a lasting impact on your teammates and on your coaches. The rowers in the class of 2020 truly are a special group. Thank you all."

- Coach Dello Russo



Medford High School Girls' Varsity Tennis

Coach



Max Heinegg

"The tennis team was a pleasure to coach. Their hardworking, never say die attitude was pure Mustang spirit. They were a class act, on and off the courts."

- Coach Heinegg

Captains



Drexel Osborne



Frances Flood



Ebyan Abshir

"Tennis matches < post-match ice cream with Mr. Heinegg." - Ebyan Abshir



Girls Varsity Tennis Team 2019

Seniors



Ebyan Abshir



Frances Flood



Drexel Osborne



All of my high school career, I've been super passionate about tennis. Tennis is the best sport; you can play it when you're young, middle-aged, and even when you're old. I hope that my fellow teammates and I have paved the way for the future of Medford Girls Tennis! It's an incredible group that I am proud to call my team, and I will miss the true spirit that they brought to every practice, every match, and every ice cream shop (shoutout to Mr. Heinegg)!" - Frances Flood

OUTDOOR TRACK



"It gets easier every day, but doing it every day is the hardest yet best part of track."
- Marc Allen Jean Mary

SENIORS

Kieran Adams,
Dorotea Belotte,
Chrystie Clervil,
Samuel Enayo,
John Falco,
Elijah Fortune,
Tristen Howard,
Marc Allen Jean
Mary, Mallika
Limose, Phaidra
Martin & Henry
Nguyen



"For the past four years I've had the privilege to coach and witness a talented young man become an outstanding athlete, and a humble champion. Tristen's track career as a Mustang has led him to personal records that few who have walked the halls of Medford High can compare to. He has led our team to countless victories, and has always been there to help us bear heartbreaking losses. But undoubtedly the thing our program will miss the most is his great personality and unrelenting poitivity.

URI is a lucky school!"

- Coach Donlon



Senior Captain

TRISTEN HOWARD

"Joining the Medford High Track team has been one of the greatest decisions of my life. In four quick years, curiosity turned into a passion, and now something even greater. I am able to get into college and pursue four more years of track at a D1 program, manifesting a dream that was formed during my time on the team. I want to thank Coach Donlon, Coach Lynch, and Coach Dempsey for the time they have put into the track team in general and the time and effort they have put into me as an athlete. I also want to thank all of the faculty, students, and anyone else that has supported me through my journey. Roll Stangs."

- Capt. Tristen Howard

<< A WORD FROM THE COACHES...

"Following this particular group for four years has been an amazing experience. I couldn't ask for a better group!"

- Coach Donlon

"This season, we have returning state champion, Tristen Howard, who is the second fastest in all of New England. We also have many athletes who are looking to be on the top of GBL state performers."

- Coach Lynch

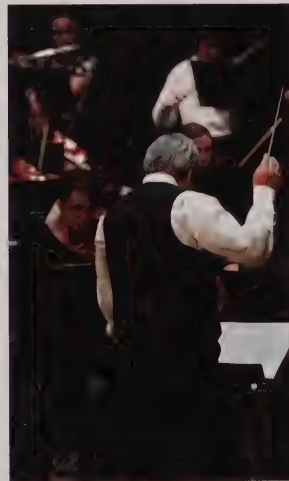


Orchestra



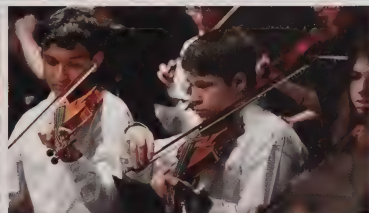
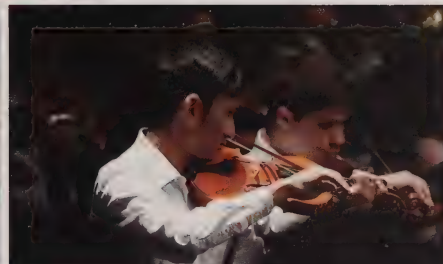
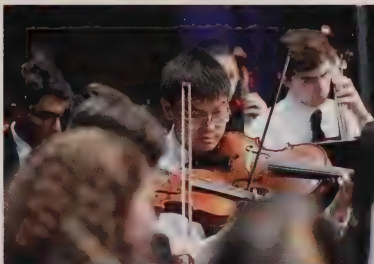
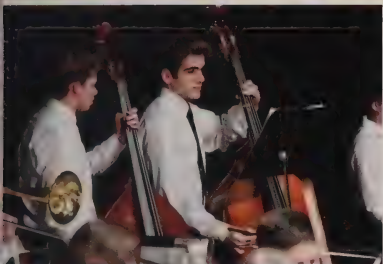
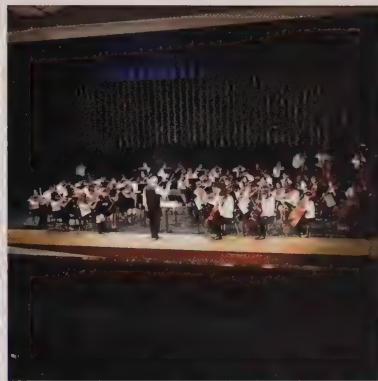
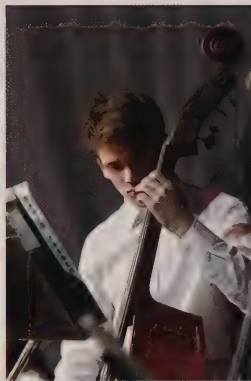
The Medford High Orchestra is an elective as well as an extracurricular which meets after school on Thursdays. The goal of this program is to enrich the lives of Medford High School students with a music education. The orchestra performs in two concerts throughout the school year which are open to the community. Students learn pieces of music in an array of genres including classical and contemporary music.

Conductor Anthony Szykniej



"A most wonderful four years!
Keep making music!"

-Mr. Szykniej



Seniors



Top row (left to right): Joelle Brown, Kieran Adams, Albert Farah, Arthur Souza, Michael Wu, Henry Nguyen, Augustine Tringale, Jacob George, Alex Nguy, & Paige Riccioli
 Bottom row (left to right): Samantha Kizuka, Qing Cheng, Marie Robbins, Nicole Chin, Tia Belotte, Isabelle Bezerra, Maria Carmona, Jenna Redlefsen, Katie Texiera, Evy Hatzigiannis, Karina Landry, & Shruti Sood.

"Started from the back of the second violin and now we've improved. I'm going to miss the chill classes!" - Alex Nguy

"I'm gonna miss playing in the viola section because there is this tight solidarity where our differences can shine and we can offer unique counter melodies that make the pieces pop." - Kieran Adams

"Orchestra has done more than just allow me to perform music. With help from Mr. Szykniej, I have been able to perform for the community, explore different mediums of art, and meet some of the brightest people in the school." - Michael Wu

MHS DRAMA CLUB'S *Spring Musical*

Little Shop of Horrors

In the spring of 2020, The MHS Drama Club put on a production of "Little Shop of Horrors: The Musical," a show known to make the audience scream...from laughter! This charming musical tells the story of a quiet florist and his mystical venus fly-trap, who promises him fame and fortune in return for human flesh!

Cast

NATHAN MCCARTHY & DANIEL MORGANTE AS SEYMOUR
SAVANNAH SAINT GERMAIN & MARIANA PLATA AS AUDREY
ANSEL MILLER & JOEY RUEMENAPP AS MUSHNIK
DESMOND LAMBERT & THEO TRINGALE AS ORIN
CATHERINE BROSDAHAN & LACEY INTOPPA AS CHIFFON
CHARLOTTE GREEN & LORENA FERREIRA AS CRYSTAL
KATIE ROTRAMEL & ANIYA CRUMP AS RONNETTE

EBYAN ABSHIR
KIERAN ADAMS
BO ANDREASEN
DECHEN ANTSA
LILY BEAGAN
HALEY BLAUVELT
ANNABELLE BOLITHO
JACK BOLITHO
IAN BUDNEY
WILL BUDNEY
KATHLEEN CAMPBELL
ANITA CAPONE
EAMON COSTELLO
ABBY CZWAKIEL
MATTEO D'AVETA
RENATA DEL VECCHIO
EMMA DESHARNAIS
JULIA DESHARNAIS
TENZIN DOLMA
DORVELT EDOUARD
CIARA FALVEY
FRANCES FLOOD
MEGAN FURTADO
BABON GILL

PENELOPE GREEN
BAILULE HADGEMBS
AVA HEINEGG
LAUREN HENSON
MARGARET HINES
MICHAELLA JEAN
ZOE KALAW
JANET LAM
TYLER LAM
STEFAN LANGSHUR
KIERA LAPPIN
NOELANI LASKO
EMILY MATARESE
CAILEE MCCRAY
JULIANA MELO
SAMANTHA MERCAUTO
TEAGAN MUSTONE
MACKENZIE PATTERSON
RACHEL PAZ
RUTH PEIRCE
VISHAL ROMERO
SADIE SCOTT
AUDREY SOULE
JULIA STANLEY

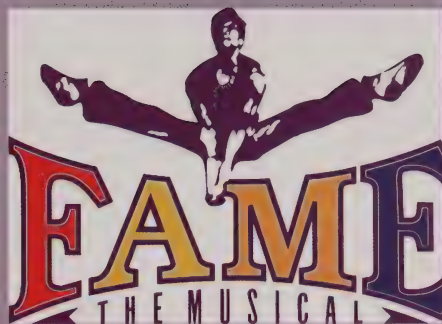
SAMANTHA STANLEY
CADEE STEFANI
SAMERAWIT TAKELE
AJ TRENGA
GUS TRINGALE
ELI WALTON
CHARLOTTE YAMAMATO



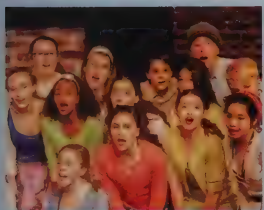
"THE DRAMA CLUB BROUGHT TOGETHER SO
MANY PEOPLE AND GAVE ME LASTING
MEMORIES THAT I WILL NEVER FORGET!
BEING A PART OF THIS AMAZING CLUBS WAS
ONE OF MY FAVORITE THINGS ABOUT HIGH
SCHOOL."

- PRESIDENT CATHERINE BROSDAHAN

Fame 2019

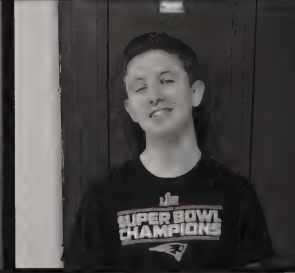
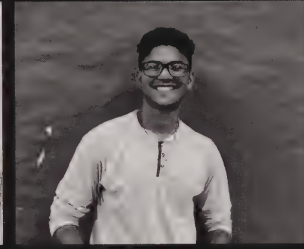
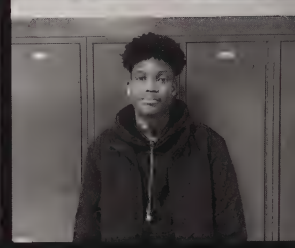
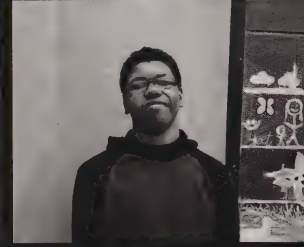
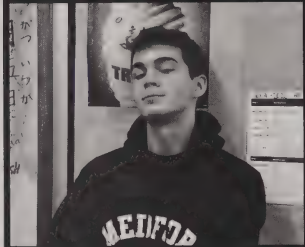
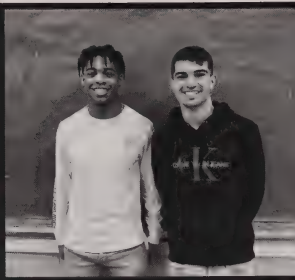


THE PAJAMA GAME 2018



PIPPIN 2017





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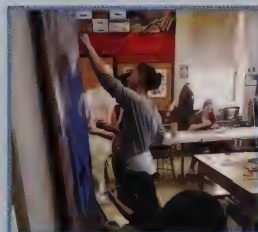
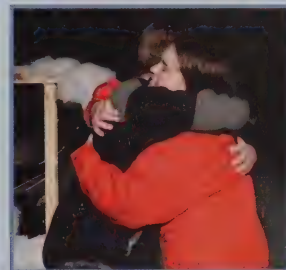
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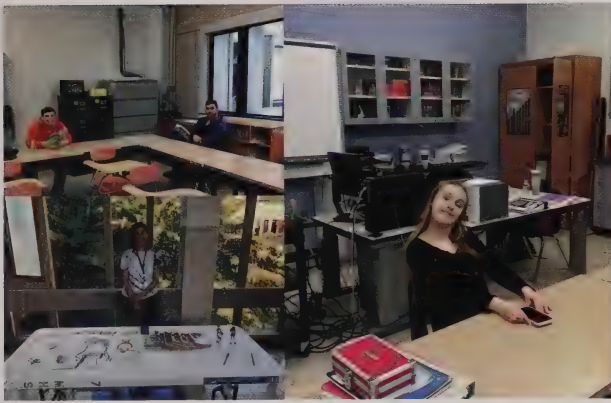
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Medford High School offers a number of different clubs and organizations for students to get involved in the Medford community. With a wide range of clubs from leadership, community service, cultural identities, academic-based organizations, games and recreation, and performing arts, students have the opportunity to meet people from all four grades with similar interests.





ANIME CLUB

The Anime Club allows members to meet and discuss about all things Anime. Anime is a style of Japanese film and television animation, typically aimed at adults and children. Students in the Anime Club watch and sketch drawings of Anime as well.

Advisor - Ms. Perrin

ART CLUB

The Art Club at Medford High School provides numerous opportunities for students involved to embrace their creative side. The Art Club promotes a spirit of fellowship and social interaction for individuals interested in art. Students design murals around the high school and community as well.

Advisor - Ms. Van Aken



ASIAN CLUB

The Medford High School Asian Club endeavors to share Asian culture school-wide and create a forum for students to collaborate and participate in community service as well. Every Wednesday morning, the Asian Club hosts Tai Chi. Tai Chi is a form of exercise to relax the mind. Students involved in Asian Club also raise money for Rosie's Place, a women's shelter located in Boston.

Advisor - Ms. Sanford



CCSR

The Center for Citizenship and Social Responsibility (CCSR) is a student organization consisting of dedicated student leaders and global citizens. Every year, members create and execute projects that benefit their community and beyond. Over the past four years, over 1,000 students have participated in the CCSR's activities and community projects.

Advisors - Mr. Skorker, Ms. Fard & Ms. Driscoll



CERAMICS CLUB

Ceramics club is a relaxed gathering of individuals that is open to anyone with a creative spark or a budding interest in this artistic medium. We create artwork of all kinds and explore all types of building techniques and finishes including the use of the wheel. At the end of the year, artists have the option to display their work during West Medford Open Studios.

Advisor - Mr. Smith



CHESS CLUB

The Medford High School Chess Club provides opportunities for students to explore the world of chess and work collaboratively with their peers.

Advisor - Mr. Kain



CHORUS

The MHS Chorus is open to all students who enjoy singing, and no audition is required. Students not enrolled in chorus class can still participate by attending after-school rehearsals. Concerts are held at least twice per year.

Advisor - Mrs. Rello



COMMON GROUND

Common Ground is a reversed-inclusion class that allows high school students to form connections within the Access Program, a program that works with Medford High School students with significant disabilities. The goal is to incorporate students in Common Ground within classrooms and activities to feel included with the MHS community.

Advisor - Ms. Andre





DECA

DECA prepares emerging leaders and entrepreneurs in marketing, finance, hospitality, and management in high schools and colleges around the globe. DECA prepares the next generation to be academically prepared, community-oriented, professionally responsible, experienced leaders.

Advisors - Ms. Simmons and Ms. Coolen

DIVERSITY EMPOWERMENT MOVEMENT

DEM aims to empower and celebrate Medford High School students of all backgrounds. DEM hosts group discussions, features film/TV with representation, and collaborates with other clubs and organizations to host school-wide assemblies and events.

Advisor - Mr. Geehan



DUNGEONS AND DRAGONS CLUB

In the Dungeons and Dragons club, members play the famous tabletop game, Dungeons and Dragons! To play, you just need some paper, a pencil, some dice, and a great imagination. The Dungeons and Dragons Club have so much fun at each meeting writing stories and meeting new individuals.

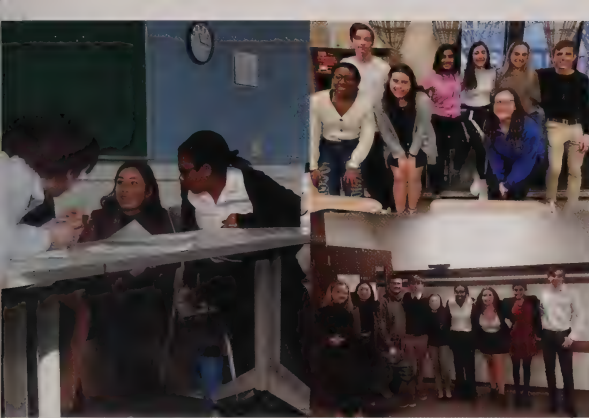
Advisor - Ms. Jones

DRAMA CLUB

The Medford High School Drama Club consists of creative student leaders who collaborate and practice for countless hours throughout the year putting together both plays and musicals that amaze Medford High School's students and teachers. It's truly a magical bonding experience for those involved, and everyone is welcome to join!

Advisors - Ms. Rello & Ms. Grant



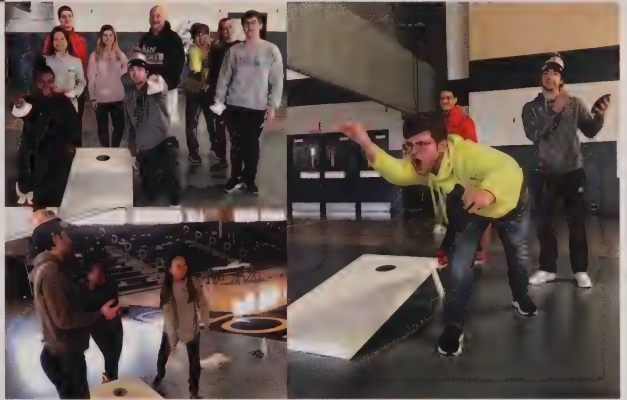


ETHICS BOWL

Ethics Bowl is where students meet to discuss and analyze the morality of various situations. Discourse is encouraged, as we believe that everyone should have the opportunity to voice their ethical beliefs. Every year, we receive a new set of cases on a wide variety of topics to debate and form arguments. Then, we prepare for and compete in the regional competition at Tufts University.
Advisor - Mr. Esner

FRISBEE AND CORN HOLE CLUB

The Frisbee and Cornhole Club meets throughout the school year. Students engage in competitive and non-competitive games of cornhole and ultimate frisbee and will be given opportunities to enhance their skill and strategy in both sports. The overriding aim of the club is to create an environment where students can come together and socialize with their peers and have fun.
Advisors - Mr. Galusi & Ms. Hatch



GAMING CLUB

The Gaming Club at Medford High School allows students to meet new people who share a love for gaming and play fun video games. The number one rule of Gaming Club is: "Never judge a game until you have played it!"
Advisor - Mr. Maldonado



GARDEN CLUB

The Garden Club meets throughout the year to plan, maintain, and promote the community garden at MHS. We work with other departments and clubs at MHS to support sustainable agriculture and healthy diets. No prior gardening experience is necessary. Any student, especially those interested in the environment, food, or education, can join.
Advisor - Ms. Beaulieu





GAY-STRAIGHT ALLIANCE

The GSA at Medford High School provides a safe and inclusive environment for students. The Gay-Straight Alliance creates a welcoming community for all identities and promotes support for the LGBTQ+ community throughout Medford. Each year, the GSA hosts the Neon Dance, several Coffee Houses, the "It Gets Better" assembly, and many more! Advisors - Ms. Chalifoux & Ms. Simpson

INTERACT CLUB

Interact Club actively works as a student-led organization to ensure that all Medford High School students feel recognized, empowered, and involved as well. They focus on themes and strengthen Medford High School's diversity through community-building activities and volunteer opportunities. The Interact Club also runs the annual Halloween Costume Contest.

Advisor - Ms. Saulnier



KEY CLUB

Students involved in the Medford High School Key Club have the opportunity to earn community service hours for their participation in the club's events. Participation in Key Club enriches students' lives through a greater sense of social concern and selflessness, as well as improving the community of Medford as a whole.

President - Emma McGlynn
Advisor - Ms. Nyland

MEDFORD CALLING

Medford Calling is a group of musicians that regularly collaborate on music making together. Aside from performing regularly throughout the year, Medford Calling musicians also get a chance to experience unique opportunities. Past events have included songwriting workshops and discussions with local successful musicians, venue bookers, and the chance to record original music at a professional studio.

Advisor - Ms. Fard





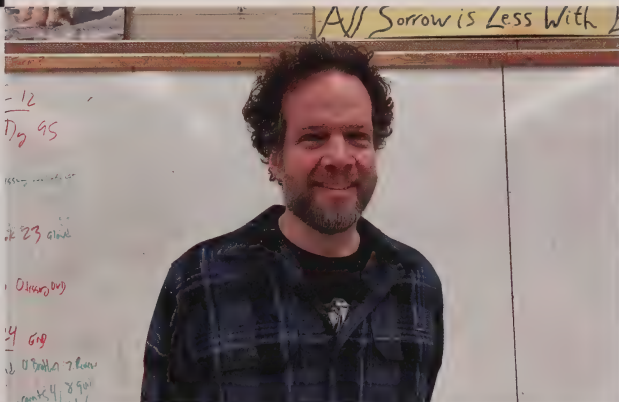
MEDFORD HIGH SCHOOL COMMUNITY HOPE CHEST

Students looking for an extra pair of cleats, a warm winter coat, or an outfit for a job interview need to look no further than our own Hope Chest, promoted and organized by a dedicated group of students each week. These students kept the Hope Chest neat and organized while combing through the flow of new donations and formulating ways to get the word out about this valuable community resource.

MHS MANTRA

The MHS Mantra is the high school's academic arts magazine, publishing work from all academic disciplines. The various sections of the website show the wide range of student achievement, from essays on satire to images of student ceramics projects. The site serves as an exhibit of the best work we do at the high school, from this year and years past.

Advisor - Mr. Heinegg



MEDFORD HIGH SCHOOL MATH TEAM

The Math Team at Medford High School was formed by a group of students who share a common passion for mathematics. Interested in how mathematics can apply to their lives, they meet twice a week to discuss new ideas and practice their math skills.

Advisor - Mr. Bartolanzo

MEDFORD HIGH SCHOOL SCIENCE TEAM

The Science Team is a member of the North Shore Science League, which is comprised of about 30 schools from the North Shore of Boston. Each science meet consists of three events with no more than four students per event. Events span all fields of science, from Biology, Chemistry, and Physics, to Engineering and Building. Students compete head-to-head in competitions that include lab-based work, stations, pen and paper problems, and designs of built models.

Advisor - Mr. Lazzaro





MOCK TRIAL

The Mock Trial Team participates in competitions with other Massachusetts high schools in partnership with the Massachusetts Bar Association. Students collaborate in interpreting evidence and data, as well as building cases for an assigned criminal or civil trial. Members of Mock Trial Team will develop strong critical thinking and public speaking skills.

Advisor - Ms. McMahon

MODEL UN

Model United Nations is an extra-curricular activity in which MHS students enrolled in AP Human Geography typically roleplay delegates to the United Nations and simulate UN committees. The committees work to resolve crises and conflicts affecting global politics such as: armed conflicts, ethnic conflicts, territorial disputes, allocation of the world's resources, and containing the spread of global pandemics. This activity takes place at MUN conferences around the Greater Boston area several times per year.

Advisor - Mrs. Daneu



MOVIE CLUB

In Movie Club, we watch a variety of movies from the '80s and '90s, current movies, and cult favorites from a variety of genres. Movies come from a variety of sources, including personal collections, public libraries, and online sources, such as Hulu and Netflix.

Advisor - Mrs. D'Orsi and Ms. Betsy Shreuer
Members - Ebyan Abshir, Isabella Batti, Ruby Crowell, Jessica D'Orazio, Sam Masciave, Gus Tringale, and Theo Tringale

MUSTANG NEWS

The Mustang News is a series of publications written by MHS students for MHS students about everything school-related and beyond. Posts include information about activities, clubs, sports, and current events. Anyone is welcome to submit a publication to Mr.

Heinegg.

Advisor - Mr. Heinegg





M3 OUTDOOR ADVENTURES (M3OA)

M3 Outdoor Adventures is a youth-centered recreation program linking students in the Greater Boston area to the natural world and maintains a network of school-centered clubs that will work together to get outside.

Advisors - Mr. Weigel and Mr. Tower
 Gus Tringlae & Ian Budney - Presidents
 Cadee Stefani - Vice President
 Ebyan Abshir - Fellsmaster
 Ansel Miller - Webmaster
 Kieran Adams - Sergeant At Arms
 Theo Tringale - Social Media Manager

NATIONAL HONORS SOCIETY

Students qualify for membership in the National Honors Society by establishing an exceptional record of scholarship, leadership, character, and service. All students who take part of this program have a minimum of a 3.3 GPA and are incredibly invovled individuals at Medford High School.

Advisor - Mr. Scialdoni
 President: Albert Farah
 Vice President: Shruti Sood
 Secretary: Eve-Landy Charles
 Treasurer: Dorotea Belotte



NATIONAL TECHNICAL HONOR SOCIETY

The National Technical Honor Society recognizes student achievements in Career Technical Education (CTE). They strive to promote the importance of educational excellence, skill development, and workforce readiness. These students desire to pursue a career in his/her course of study.

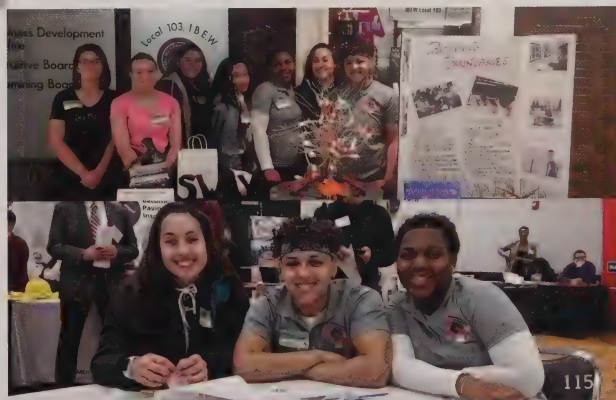
Advisor - Ms. Savini



NON-TRADITIONAL (BREAKING BOUNDARIES)

The Non-Traditional club is a student organization open to vocational students who are enrolled in non-traditional vocational programs. Students take part in state-wide conferences and activities to increase their future career opportunities and network with other students, as well as professionals in their technical fields.

Advisor - Ms. Savini





PEER MENTORING CLUB

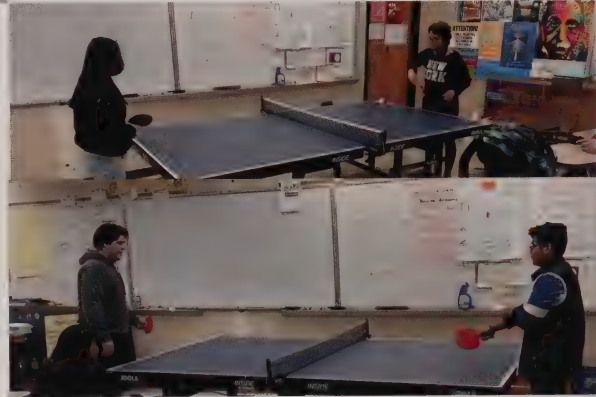
The Mentoring Program is a collaboration between all high school students. Mentors demonstrate a strong capacity for individual service as well as high levels of personal character and academic success. All grade 9 students are assigned a mentor, and for the duration of the school year, mentors work with their mentees assisting them whenever they need help.

Advisors - Mr. Blanch & Ms. Costello

PING PONG CLUB

The Ping Pong club meets once a week after school to practice a great game and good sportsmanship. Making friends, having fun, and enjoying the competition is the name of the game in this club.

Advisor - Mr. Matthew Wilson



ROBOTICS TEAM

The Robotics Team promotes students' interests in science, technology, engineering, and mathematics. Students collaborate to design and build robots and also develop computer programming skills by writing strategic computer programs. In Robotics, students are encouraged to apply problem-solving, as well as critical and creative thinking skills.

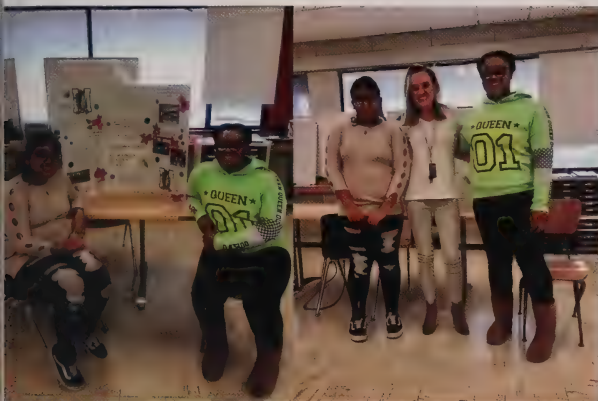
Advisor - Mr. Christy

SKILLS USA

SkillsUSA is a partnership of students, teachers, and industry, working together to ensure America has a skilled workforce. Medford Vocational Technical High School students have the opportunity to compete at the District, State, and National level each school year in their respective programs.

Advisors - Mr. John Spagnola & Mr. Lou Spagnola





STUDENT COUNCIL

Members of the Medford High School Student Council create an environment of spirit and pride where students can feel welcome to contribute ideas to the school community to create positive change at Medford High School that benefits the student body. They leave a legacy of meaningfulness at MHS and help the future generations of students.

Advisor - Ms. Costello

TIBETAN CLUB

The Medford High School Tibetan Club consists of driven student leaders who aspire to raise awareness about the Tibetan community regarding their history and culture. This wonderful organization at Medford High School exposes students to the language and culture of Tibet.

Advisor - Mr. Bartolanzo



WORLD LANGUAGE CLUB

The World Language Club at Medford High School aims to educate students on different languages and cultures from around the world. Throughout the year, students involved in the World Language Club host events such as the Carnival Dance, holiday photo booths, and car washes as well. The profits from these events go toward scholarships awarded to seniors at the end of the school year.

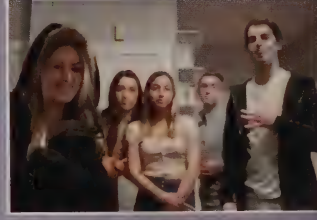
Advisor - Ms. Lepore

YEARBOOK COMMITTEE

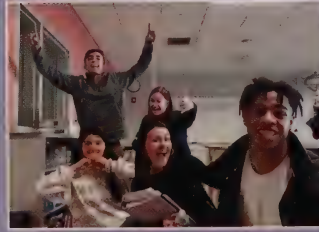
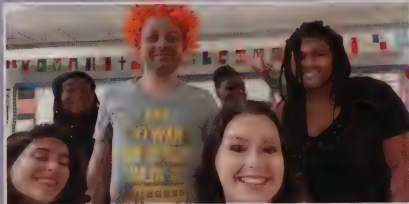
The Blue & White is one of the longest-running clubs at Medford High School. Every year, staff members devote countless hours into creating a unique representation of our senior year. Students collaboratively work with other student leaders, teachers, coaches, and administration to create an amazing yearbook. Thank you Mr. Ambrose for helping us with this year's book!

Advisor - Mr. Ambrose

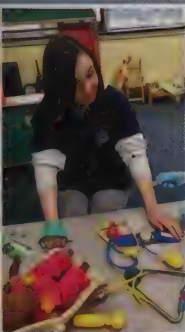
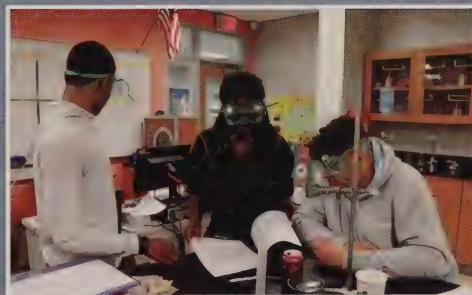
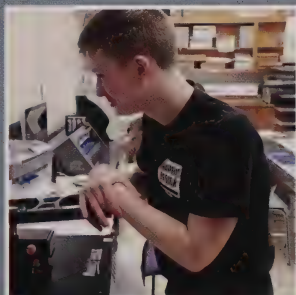




Timer Cams!



MEDFORD VOCATIONAL TECHNICAL HIGH SCHOOL



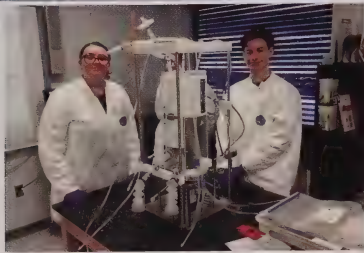
MYTHS - DEVELOPING LIFELONG LEARNERS

Automotive Technology, Biotechnology, Business Marketing,
Carpentry, Construction Craft Laborers, Cosmetology,
Culinary Arts, Early Childhood Education, Electrical,
Graphic Design, Health Assisting, Media Technology,
Metal Fabrication, Programming & Web Development,
and Robotics & Engineering



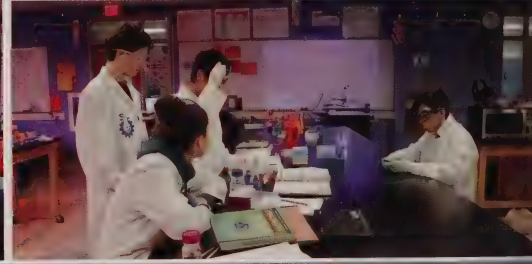
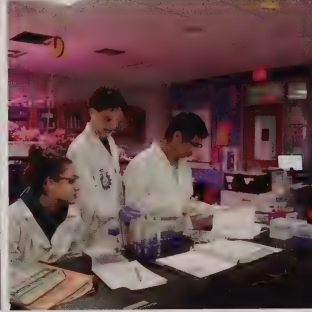
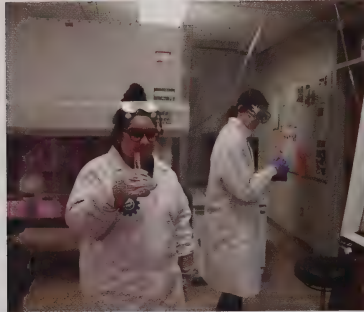
Automotive Technology

"Good Luck, seniors!"
- Mr. Dell'Ova & Mr. Beckwith



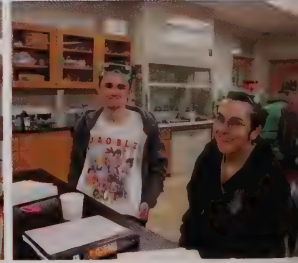
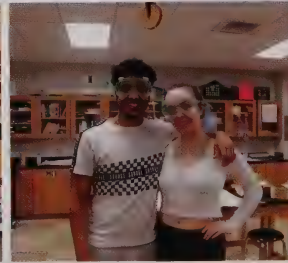
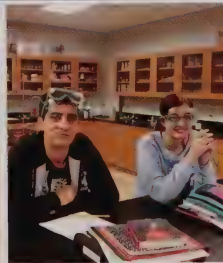
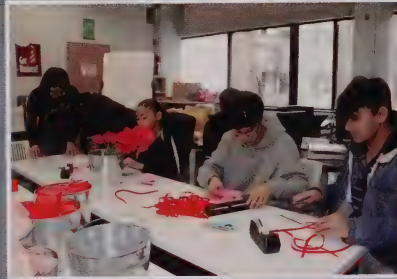
Biotechnology

"To Gabe, Jereme, Amina, Harjot, Hayley, Al, and Rachael: Find your passion and let it guide you! Best wishes to all of my Seniors as you embark on your next journey!"
- Mr. Rousseau



Business Technology

"Wishing you the best in the future!"
- Ms. Coolen



"Congratulations, Class of 2020!"
- Mr. Lumino & Mr. Flanders

Carpentry



Construction Craft Laborers

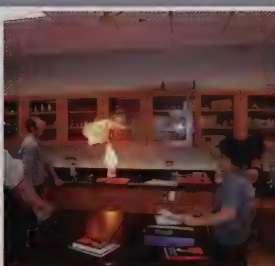
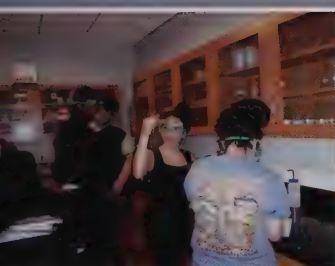


"Construction Craft Laborers
Seniors of 2020 will be hard to
replace! Hard workers but even
better students! Responsible for
many projects around the
school such as building the
new Mustang Mall and
recreating our new shop! You
will be greatly missed, and
good luck in your future
endeavors!"
- Mr. Kelly & Mr. Brown

Cosmetology

"Courtney, Jasmine, Kayla, and Taynara, thank
you all for your support through my journey of
being an assistant teacher to teacher. I can't
imagine cosmo without all of you. You are all
such talented ladies, and I am so excited to see
your amazing work in the future. I wish you
many blessings. Love, Ms. Mauro"

"Congratulations to the Cosmetology class of
2020. Remember, the best hairdressers never
stop learning. It's been a pleasure being your
teacher. Love, Mrs. Sciarratta."



Culinary



"Culinary Arts students learn the principles and skills of food preparation, food service, nutrition, and restaurant management as well. Bistro 489, a student-operated public restaurant that opened in 2017, serves delicious meals prepared by culinary students and provides them with lots of experience."
- Mr. Drobneck & Mr. Moriarty

Early Childcare lets students interact and teach children reading and writing skills, expand their vocabulary, and gain knowledge in creative arts, science, and social studies.

"Thank you to all the ECE seniors that worked very hard this year with the Make Way for Kids Preschool Program! We are very proud of you and wish you all the very best in your future success!"

- Ms. Farquharson, Ms. Leva, and Mrs. Kirkpatrick

Early Childhood Education



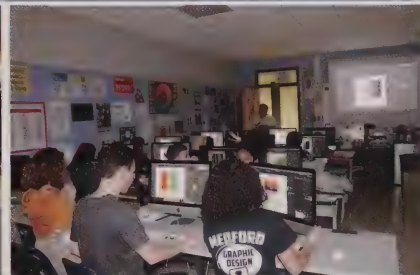
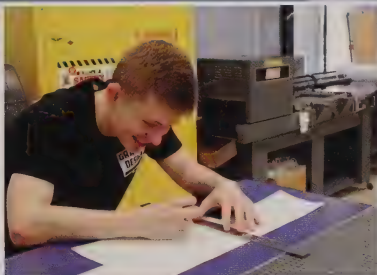
Electrical



The Electrical program actively prepares students with basic skills required for an advanced-level position in the electrical field. The students are taught skills needed to become a licensed electrician, a licensed systems electrician, or a telecommunications electrician after graduating high school. "It has been a pleasure and honor to have had all of you in our shop. Good luck with all of your future endeavors and remember: Test Before You Touch!"
- Mr. Burns & Mr. Cormio

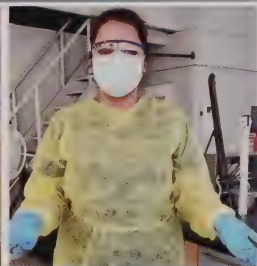
"Good Luck to our senior!"
- Mr. L. Spagnola & Mr. J Spagnola

Graphic Design



Health Assisting

"Reach for the STARS! Best of luck in your future endeavors!"
- Ms. Savini & Mrs. Trofimow



"From The Mustang Minute to school events like the Pep Rally, sporting events, public service announcements, and helping students and teachers with school projects as well, creativity is the name of the game at the Media Technology shop! Students get experience with video production and post-production (editing), podcasting, still photography and Photoshop, all in our state of the art studio!"
- Mr. Caplan

Media Technology



Metal Fabrication

"Don't be afraid of the future - BUILD IT!"
- Mr. Sorrentino

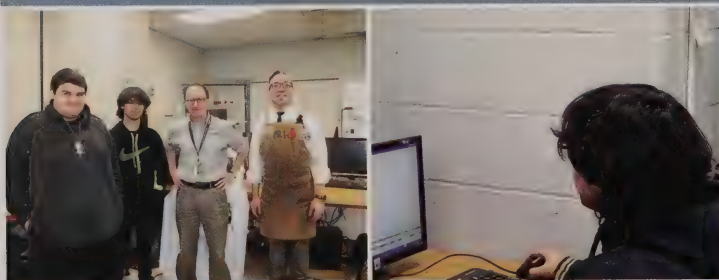


Programming & Web Development

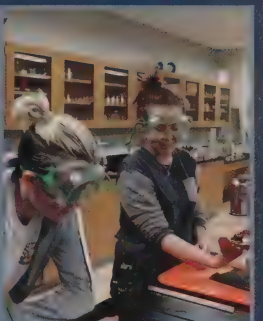
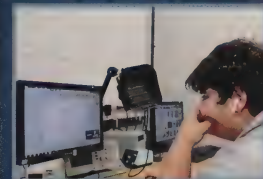
The awesome seniors in Programming and Web Development are the first graduating class in this new program. Students in this trade write programs in a variety of languages and update and creatively expand existing programs. Mrs. Miller congratulates these wonderful students on completing the program and wishes them success, health and happiness in the years to come.



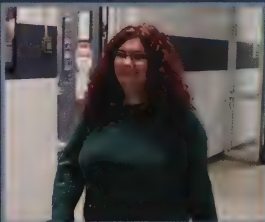
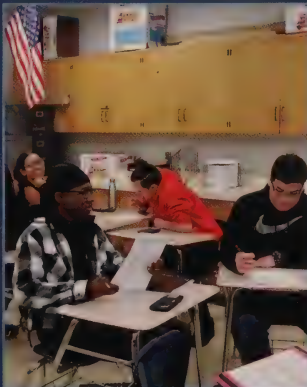
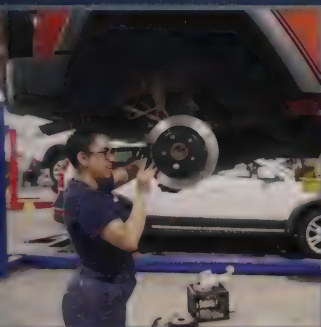
Robotics & Engineering



The Robotics and Engineering Shop has had an incredible year! We have watched our new shop space the construction of our new shop space by vocational students. Additionally, we were awarded a generous grant by the state to add to our already impressive array of tools and machinery. It's been such a fantastic year, and Mr. Christy and Mr. Lewkowitz want to say good luck to our departing seniors. It's been our pleasure to have you in the shop and we wish you every success in the future.



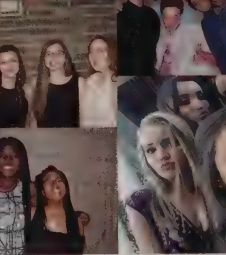
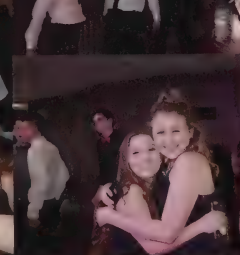
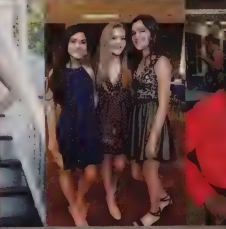
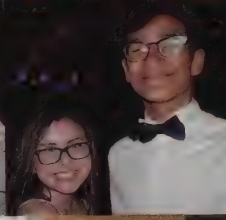
VOC VIBES





Freshman Formal

June 10th, 2017







Junior



Prom

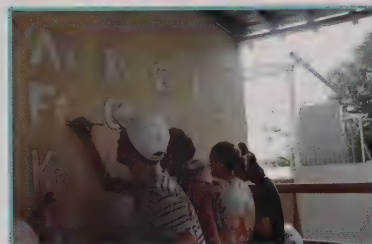
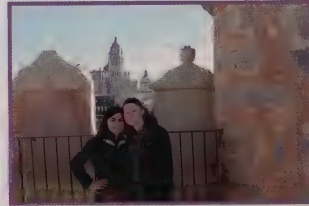
May 10th, 2019





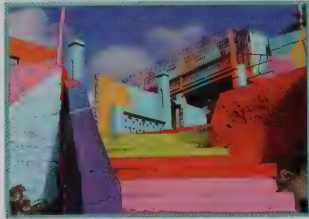
Spain

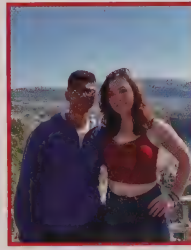
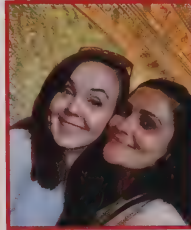
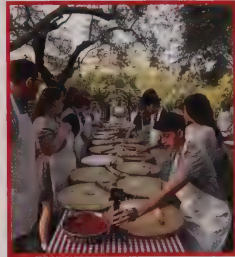
February 2018



Puerto Rico

February 2019





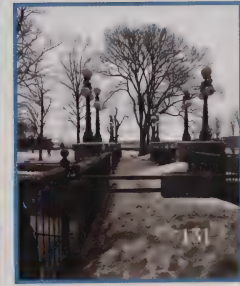
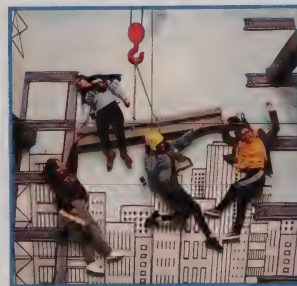
Italy

April 2019



Quebec

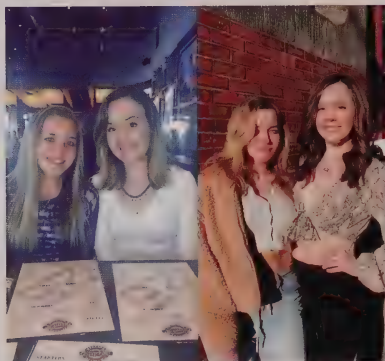
April 2018



SENIOR



Cadee Stefani and
Julianne D'Orazio



Jillian Brady and
Arielle Terranova



Jilia Moura and
Lauren Miguel



Kieran Adams and Gus Tringale



Nicole Mauro and Olivia Fraumeni



Emily McDaid and
Jackie Madigan



Amanda DiPaola and
Isabella Szymanski



Charlotte Green and
Gianna Grande

TRANSFORMATIONS



Emma McGlynn and
Grace Galvin



Maria Carmona and
Jenna Redlefsen



Gabi Oliveira and
Gianna Fraumeni



Bobby Norton and Elijah Fortune



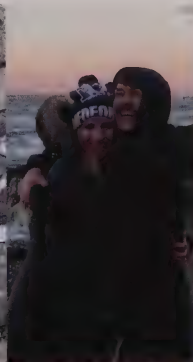
Amanda DiPaola and Paige Riccioli



Jacqueline Foley and
Leanna Puccio



Nicole Greene and
Kyle Nease



Meghan Cafferky and
Nicole Joyce

SENIOR FADS

MOST USED WORDS

"NO CAP"
"BET"
"CLOWN"
"PERIODT"
"DID YOU DO THE
HOMEWORK?"
"YURR!"
"WACK"

FAVORITE: PLACES

JIM'S MARKET
AMICI'S
CB SCOOPS
WRIGHT'S TOWER
STARBUCKS
SOC'S ICE CREAM
PLAYSTEAD PARK
SCOOP N' SCOOTERY

HIGH SCHOOL FADS

TIK TOK
TIMER PHOTOS
AIR PODS
SCRUNCHIES
HYDRO FLASKS
WHITE SNEAKERS
FORTNITE
KANKEN BACKPACKS

FAVORITE: SONGS

"WELCOME TO THE PARTY"
"THE WAY LIFE GOES"
"SICKO MODE"
"BOHEMIAN RHAPSODY"
"YOUNG DUMB AND
BROKE"
"CONGRATULATIONS"
"HOT SHOWER"
"ROXANNE"

FAVORITE: ARTISTS

POST MALONE
KHALID
HARRY STYLES
DRAKE
ARIANA GRANDE
RODDY RICH
PANIC! AT THE DISCO
TRAVIS SCOTT
BILLIE EILISH

FAVORITE: SHOWS

FRIENDS
THE OFFICE
ON MY BLOCK
HIGH SCHOOL MUSICAL:
THE MUSICAL: THE SERIES
STRANGER THINGS
YOU
THE MANDALORIAN
GAME OF THRONES

YOU KNOW YOU'RE AT

MHS

WHEN....

YOU HAVE NO SERVICE

THE FIRE ALARM GOES OFF DURING A SNOW STORM

EVERY WALL IS A DIFFERENT COLOR

YOU ARE TOLD TO PUT YOUR HEADPHONES AWAY

CAFE 3 RUNS OUT OF PIZZA

THERE IS NO WIFI

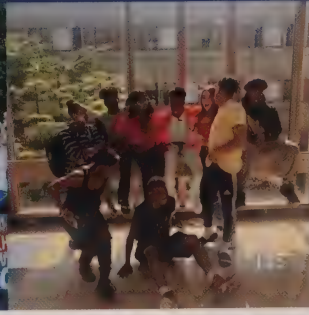
THERE IS A BIRD FLYING AROUND THE CAFETERIA

ALL OF THE BATHROOMS ARE LOCKED

YOU HAVE TO HIDE YOUR COFFEE IN THE MORNING

OFFICER MAZAKA STARTS THROWING ROOT BEER BARRELS

YOU HEAR TEACHERS' HEELS IN THE HALLWAY



WHERE WE'RE GOING...

Showcasing the many different pathways that our Medford High seniors will be taking after graduation!



Tsewang Antsa
Union College



Jalie Cuoco
University of Rhode
Island



Hannah Creamer
University of Tampa



Zain Saleem
UMASS Boston



Evy Hatzigiannis
Florida Southern
University



Max Stephens
EHL - Eastern
Hockey League



Amanda DiPaola
Merrimack College



Ebyan Abshir
Union College



Jenna Redlefsen
UMASS Boston



Brenna Kristiansen &
Emma McGlynn
Salem State
University



Alex Milas
Bentley University



Jacqueline Madigan
Salve Regina
University



Nicole Chin
UMASS Boston



Catherine Brosnahan
University of Rhode
Island



Aaron Vaz
Worcester Polytechnic
Institute



Freshman Year 2016-2017



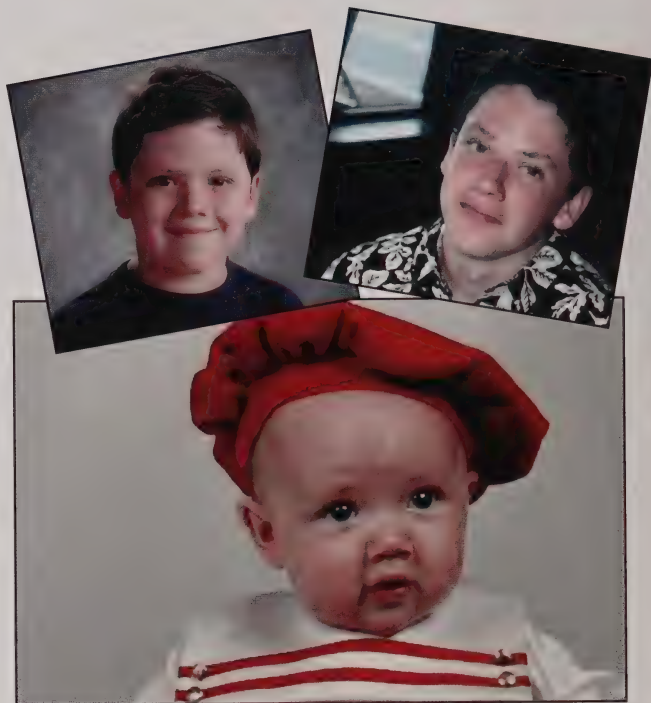
Senior Year 2019-2020

Ryan Normile

Ryan,
CONGRATULATIONS-
We are so proud of you!

Remember to follow
your dreams, work hard
and you will accomplish
all that you set out to
do!

Love always,
Mom, Dad, Shawn,
Alexa, & Maya
xoxo



Brenna Kristiansen

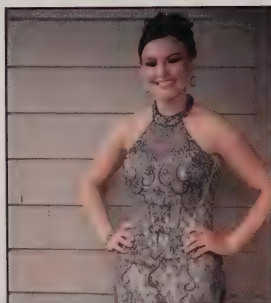
Happy Graduation Day,
Brenna Bear!

We are so proud of your
accomplishments and
the person that you
have become. Keep
reaching for the stars!



We Love You Bunches,
Mom, Matt, Ella, Mimi,
Grampy

Congrats Class of
2020!



Ali McAveeney

Ali, you're the best thing to ever
happen to us! We can't wait to
see the amazing things life brings
you. "You're braver than you
believe, stronger than you seem,
and smarter than you think."
Love Mom & Dad



Congratulations, Class of 2020!

We are so very proud of your accomplishments
over these past four years, and we know you are
destined to do great things!

Sincerely,
Your English Language Arts Teachers

Lauren Giovana Miguel

Lauren,

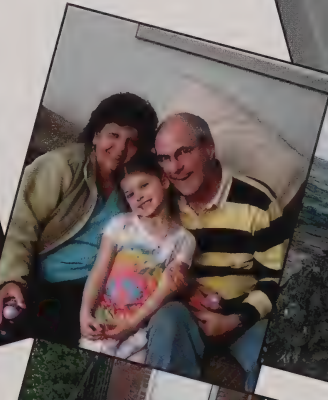
We are so proud of you! You have come so far and with all your talent there is no limit to how much further you will go!

Love,

Mom*, Dad, Dylan, Nana, Papa, Auntie Karen, Auntie Michele, Uncle Kevin, Uncle Ronan, Keegan, Kourtney, Kaleb, Patrick, Ellie, Lissy, Nataly, Juliana & Lucas

*Don't you ever forget...I love you I doot!

"She believed she could, so she did" -R.S. Grey



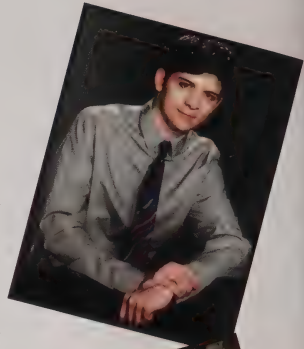
Nicole and Robbie Greene

We are incredibly proud of the young adults you have become. Watching you grow up from babies has been a privilege. You each have your own special qualities; Nicole, you have always been so sweet, kind and diligent while Robbie, you have such a fun, loving and one of a kind personality; both memorable in your own ways. We eagerly anticipate what the future holds for each of you. Thank you both for being such great kids and please remember we all love you and will always be here for you.

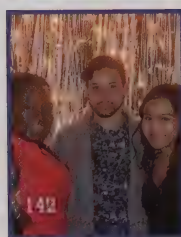
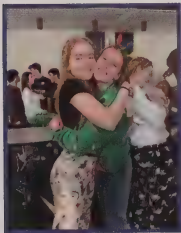
Love you forever,

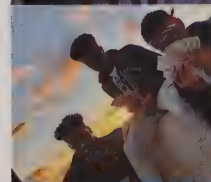
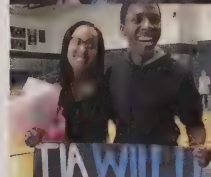
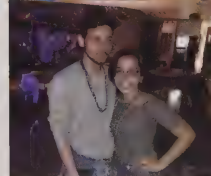
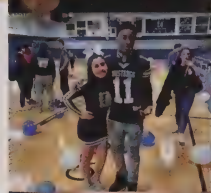
Mom, Rachelle, Christopher, Cassie,

Papa, Gramma & Bill

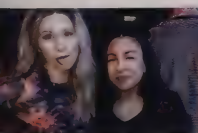


ROLL STANGS!

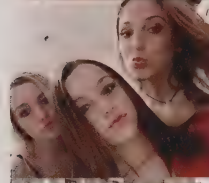




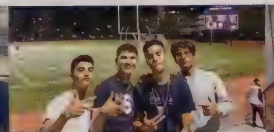
AUTOGRAPHS

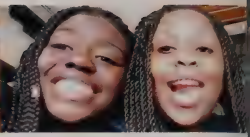


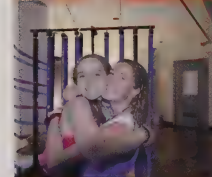




AUTOGRAPHS

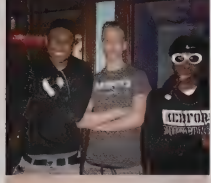
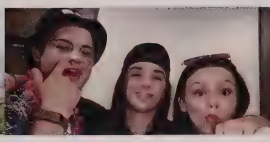






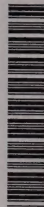
AUTOGRAPHS





Medford High School

REF 050 MED 2020
Medford (MA) High Sc The Blue And White: 1926



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